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HEALTH:

NUTRITION AND LIFESTYLE

Навчальний посібник

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Навчальний посібник для студентів філологічних спеціальностей *Health: Nutrition and Lifestyle*. – К., 2019. – 120 с.

Метою навчального посібника є розвиток навичок вмінь монологічного та діалогічного мовлення з теми *Health*. Посібник містить широкий підбір вправ, спрямованих на розвиток всіх видів мовленнєвої діяльності, а саме читання, говоріння, письма та аудіювання. Тексти та відеоматеріали, запропоновані у посібнику, є автентичними та актуальними. Зміст посібника відповідає програмі нормативного курсу з англійської мови для філологів.

Посібник призначений для студентів факультетів іноземних мов, а також тих, хто вивчає англійську мову самостійно.

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PART 1. NUTRITION

UNIT 1. HEALTHY DIET



LEAD-IN

1. Comment on the following quotations. Do you agree with them? Why? Why not?

- *Tell me what you eat and I will tell you what you are.* **Anthelme Brillat-Savarin**
- *One should eat to live, and not live to eat.* **Molière**
- *We each day dig our graves with our teeth.* **Samuel Smiles**
- *Let food be thy medicine and medicine be thy food.* **Hippocrates**
- *True healthcare reform starts in your kitchen, not in Washington.* **Anonymous**
- *The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.* **Mark Twain**
- *To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.* **William Londen**
- *The best doctor gives the least medicine.* **Benjamin Franklin.**

2. Make sure you know the meaning and pronunciation of the following words and collocations:

nutrition	polyunsaturated fat	phytonutrients
vitamins	cholesterol	glycemic index
caloric intake	artery	glucose
nutrient	omega-3 fatty acids	protein
trans fat	insulin	metabolic system
hydrogenated oil	carbohydrates	amino acids
saturated fat	dietary/healthy fat	additive
monounsaturated fat	fiber	inflammation

READING

3. Read the article about the foundations of healthy nutrition and complete the assignments that follow.

Essentials of Healthy Eating

www.ncbi.nlm.nih.gov

“What is a healthy diet?” Many clinicians find themselves at a loss to answer this common question from patients. The difficulty of offering a simple answer is understandable. The overwhelming volume of data generated by food and nutrition researchers coupled with sometimes contradictory findings, the seeming flip-flops in recommendations, and the flood of misinformation in diet books and the media can make it seem as though explaining the essentials of healthy eating is akin to describing the intricacies of particle physics. That is unfortunate, because there are now enough solid strands of evidence from reliable sources to weave simple but compelling recommendations about diet.

Diet, of course, is just one approach to preventing illness. Limiting caloric intake to maintain a healthy weight, exercising regularly, and not smoking are three other essential strategies.

KEY ISSUES OF A HEALTHY DIET

DIETARY FAT. Dietary fat is a terribly misunderstood and mistakenly maligned nutrient. Myths and messages that have persisted since the 1960s warn that “fat is bad.” The message “fat is bad” is problematic because there are four main types of dietary fat with dramatically different effects on health.

Trans fats from partially hydrogenated oils are undeniably bad for the cardiovascular system and the rest of the body. These largely man-made fats elevate harmful low-density lipoprotein (LDL) cholesterol, reduce protective high-density lipoprotein (HDL) cholesterol, stimulate inflammation, and cause a variety of other changes that damage arteries and impair cardiovascular health.

Saturated fats from red meat and dairy products increase harmful LDL, but also increase HDL. A moderate intake of saturated fat (under 8% of daily calories) is compatible with a healthy diet, whereas consumption of greater amounts has been associated with cardiovascular disease.

Monounsaturated and polyunsaturated fats from vegetable oils, seeds, nuts, whole grains, and fish—especially the polyunsaturated omega-3 fatty acids— are important components of a healthy diet and also essential for cardiac health. Eating polyunsaturated fats in place of saturated and trans fats lowers harmful LDL, elevates protective HDL, improves sensitivity to insulin, and stabilizes heart rhythms.

CARBOHYDRATES. In the United States, the reduction in the intake of dietary fat from 45% of calories in 1965 to approximately 34% today was accompanied by an increase in the intake of carbohydrates. These extra carbohydrates were largely in the form of highly processed grains. Processing removes fiber, healthful fats, and an array of vitamins, minerals, and phytonutrients, making processed grains such as white flour or white rice nutritionally impoverished

compared with whole-grain versions. In contrast, whole grains and foods made from whole grains, along with fruits, vegetables, and beans, provide slowly digested carbohydrates that are rich in fiber, vitamins, minerals, and phytonutrients.

THE GLYCEMIC INDEX. The glycemic response refers to the measurable increase in blood sugar after consuming carbohydrates. The greater the postprandial spike in glucose a food generates, the greater that food's glycemic index. Highly refined grains cause a more rapid and a greater overall increase in blood sugar than less-refined whole grains. Diets with a high glycemic index appear to increase the risks of type 2 diabetes and coronary artery disease, particularly among women who have some insulin resistance.

PROTEIN. To the metabolic systems engaged in protein production and repair, it is immaterial whether amino acids come from animal or plant protein. However, protein is not consumed in isolation. Instead, it is packaged with a host of other nutrients. The quality and amount of fats, carbohydrates, sodium, and other nutrients in the "protein package" may influence long-term health. For example, results from the Nurses' Health Study suggest that eating more protein from beans, nuts, seeds, and the like, while cutting back on easily digested carbohydrates reduces the risk of heart disease.

VEGETABLES AND FRUITS. "Eat more fruits and vegetables" is timeless advice that has the backing of a large body of evidence. Vegetables and fruits provide fiber, slowly digested carbohydrates, vitamins and minerals, and numerous phytonutrients that have been associated with protection against cardiovascular disease, aging-related vision loss due to cataract and macular degeneration, and maintenance of bowel function. Fruits and vegetables should be consumed in abundance, which means a minimum of five servings a day—and more is better.

BEVERAGES. The ideal beverage provides 100% of what the body needs—H₂O—without any calories or additives. Water has all of those qualifications. From the tap, it costs a fraction of a penny per glass. After water, the two most commonly consumed beverages are tea and coffee. Both are remarkably safe beverages, and have been

associated with reduced risks of type 2 diabetes, kidney stones and gallstones, and possibly heart disease and some types of cancer.

SUGAR. High-sugar diets have been associated with an increased risk of many diseases, including heart disease, the number one cause of death worldwide. Evidence suggests that high-sugar diets can lead to obesity, inflammation and high triglyceride, blood sugar and blood pressure levels — all risk factors for heart disease. Additionally, consuming too much sugar, especially from sugar-sweetened drinks, has been linked to atherosclerosis, a disease characterized by fatty, artery-clogging deposits. A study in over 30,000 people found that those who consumed 17–21% of calories from added sugar had a 38% greater risk of dying from heart disease, compared to those consuming only 8% of calories from added sugar.

SUMMARY

- Choose healthy fats over unhealthy fats.
- Avoid trans fats which are generally found in commercially baked products and deep-fried restaurant food.
- Limit intake of saturated fats, mostly from red meat, butter, milk, and other dairy products.
- Emphasize polyunsaturated fats from olives and olive oil; canola, peanut, and other nut oils; almonds, cashews, peanuts, and other nuts and nut butters; avocados; sesame, pumpkin, and other seeds.
- Choose slowly digested carbohydrates over highly refined ones. Limit intake of sources of rapidly digested carbohydrates such as white flour, white rice, pastries, sugary drinks, and French fries.
- Accentuate fruits and vegetables. Consider 5 servings of fruit and vegetables a daily minimum; 9 a day is even better. Eat for variety and color. Each day try to get at least one serving of a dark green leafy vegetable, a yellow or orange fruit or vegetable, a red fruit or vegetable, and a citrus fruit.

4. Translate the following words and collocations into Ukrainian. Use them in the context of your own:

- clinician
- to be akin to something
- compelling recommendations
- maligned nutrient
- cardiovascular system
- low-density lipoprotein cholesterol
- high-density lipoprotein cholesterol
- to lower harmful cholesterol
- to elevate protective cholesterol
- to stabilize heart rhythms
- highly-refined grains
- coronary artery disease
- insulin resistance
- aging-related vision lost
- maintenance of bowel function
- kidney stones and gall stones
- atherosclerosis
- artery-clogging deposits

5. Find English equivalents in the text:

- суперечливі дані
- низка переконливих доказів
- запобігати хворобі
- бути сумісним з чимось
- помірне споживання насичених жирів
- злаки, що пройшли інтенсивну обробку
- вуглеводи, які повільно перетравлюються
- цільнозерновий
- різкий підйом глюкози після їжі
- збільшувати кількість фруктів та овочів
- 5 порцій фруктів
- зелені листяні овочі

6. Answer the following questions:

1. Why is it difficult to provide clear recommendations on healthy eating?
2. Why is fat considered to be a bad nutrient?
3. What types of fat do you know? What do they do to our health?
4. What is the main problem with carbohydrates?
5. What is glycemic index and why is it important?
6. What is the role of protein in metabolic system?
7. Why is it a good idea to consume more fruit and vegetables?
8. Is water the ideal beverage? Why or why not?
9. What are the negative effects of consuming too much sugar?
10. What are the general recommendations on healthy eating?

VIDEO

7. You are going to watch Dr Mark Hyman’s video about the consumption of meat, which is quite confusing topic today (<https://drhyman.com/blog/2016/01/22/is-meat-good-or-bad-for-you/>). Do you agree with his ideas?

Dr. Hyman believes that we all deserve a life of vitality—and that we have the potential to create it for ourselves. That is why he is dedicated to tackling the root causes of chronic disease by harnessing the power of Functional Medicine to transform healthcare. Dr. Hyman is the Medical Director at Cleveland Clinic’s Center for Functional Medicine, the Founder of The UltraWellness Center, and a ten-time #1 New York Times Bestselling author.

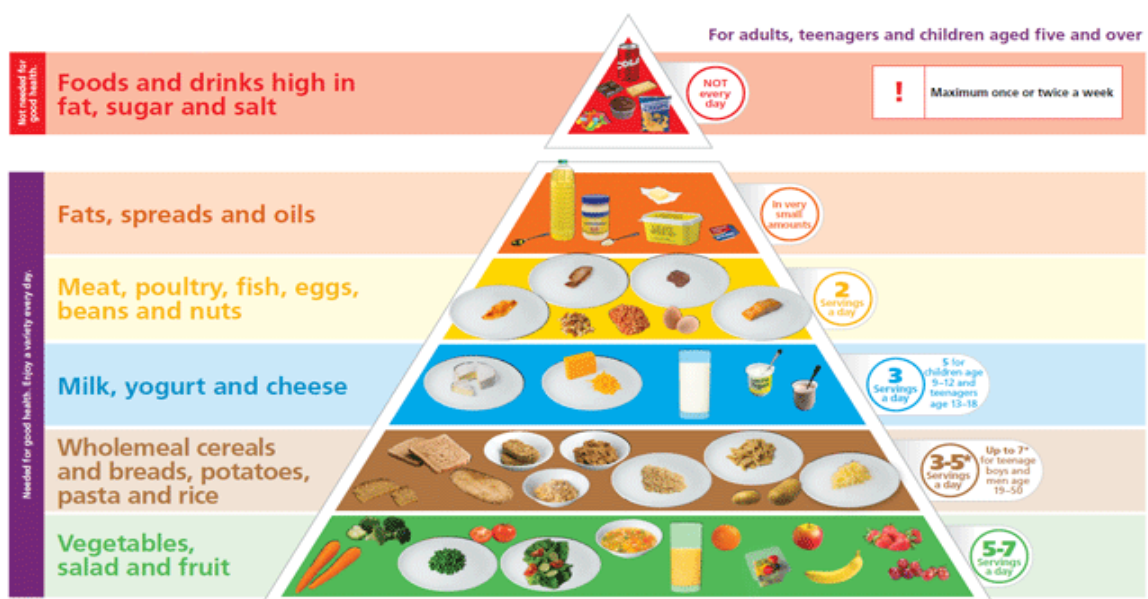
What new facts about meat consumption have you found out? Are you a vegetarian or a meat eater? Discuss the pros and cons of eating meat.

8. Decide whether the following statements are true (T) or false (F).

1. Good research on diet is easy to do.
2. The problem with the research on meat is that the right groups of people are not being studied.
3. Scientists studied an average American who consumes highly processed food together with a lot of fruit and vegetables.
4. The healthy user effect means reducing the consumption of something (meat in particular).
5. Many of the studies demonizing meat involve people who are smokers, drink too much and eat too much sugar.
6. Scientists studied 11,000 people, 57 percent of whom were meat eaters and the other 43 percent were vegetarians.
7. Another study, conducted by the National Institutes of Health, found that meat eaters were very healthy.
8. Media's headlines are that "meat cures".
9. Industrial grain-fed meat is full of hormones, antibiotics and pesticides.
10. A diet with lots of fruit and veggies doesn't welcome grass-fed meat as a health food.

FOLLOW-UP DISCUSSION

9. Look at the food pyramid recommended by the World Health Organization. Prepare to speak about it. Have you heard about it before? How does it correlate with the text you've read? Do you follow these recommendations?



PRESENTATION

10. Choose a topic and prepare a presentation.

- ✓ The healthiest foods to eat
- ✓ The most unhealthy foods to eat
- ✓ Healthy recipes
- ✓ Health benefits of eating well
- ✓ The role of meat in healthy diet

WRITING

11. Write an essay on the following topic: *Food is the best remedy.*

RENDERING

12. Render the article into English paying attention to healthy vocabulary.

"Веган на місяць": чи покращить таке харчування ваше здоров'я?

Останніми роками цікавість до веганства значно зросла, здебільшого через занепокоєння про здоров'я, добробут тварин та довкілля. Вегани - для тих, хто не знає, - не їдять м'ясо, рибу та будь-які продукти тваринного походження, молочні продукти, а також желатин. У Великій Британії за останні чотири роки веганів побільшало вчетверо. Тож наскільки важко перейти на такий спосіб харчування і які є переваги для здоров'я?

Ведучий програми "Trust Me I'm A Doctor" Джайлз Єо вирішив спробувати побути веганом впродовж місяця і подивитися, чи такий спосіб життя йому підходить. Пан Єо швидко збагнув, що однією з проблем веганського життя є те, що багато продуктів, які, здавалося б, не мають нічого спільного з тваринами, насправді містять продукти тваринного походження. Яйця, сир і м'ясо - це, само собою, скасовується, але з'ясувалося, що слід забути і про макарони (містять яйця), майонез (аналогічно) та вино (при виготовленні деяких алкогольних напоїв

використовують риб'ячі кістки або тваринні протеїни). Окрім того, щоб хвилюватися, чи ви раптом не з'їли чогось тваринного походження, вегани також мають переконатися, що організм отримує всі необхідні поживні речовини.

Веганська дієта може загрожувати нестачею вітаміну D, необхідного для здоров'я кісток. Тож веганам слід покладатися на продукти, збагачені цим вітаміном: деякі види соєвого молока, рисове молоко, органічний апельсиновий сік та злаки на сніданок. Можна також вживати вітамін D додатково у вигляді харчової добавки. Дефіцит йоду - ще одна поширена проблема, особливо серед жінок. Коров'яче молоко є одним з головних джерел йоду, а його альтернативи, такі як мигдалеве молоко, містять набагато нижчі рівні цього мікроелементу. Йод можна отримувати з водоростей (хоча кількість різниться), але, напевно, доведеться окремо приймати харчові добавки. Занепокоєння викликає також і достатня кількість вітаміну B12. У насінні, горіхах чи овочах його не міститься, тож веганам та вегетаріанцям слід запастися пластівцями для сніданку, збагаченими вітамінами, або поживними дріжджами.

Нещодавній аналіз, що поєднав результати 10 попередніх досліджень, які порівнювали здоров'я вегетаріанців та веганів з тими, хто їв м'ясо, свідчить, що так. Дослідники з'ясували, що вегетаріанство та веганство асоціюють зі значно нижчим ризиком серцевих захворювань та раку, хоча у загальному рівні смертності різниці не було. Інакше кажучи, вегетаріанство та веганство пов'язують із міцнішим здоров'ям, але необов'язково із тривалішим життям. Я кажу "пов'язують", тому що не було рандомізованих контрольованих досліджень, коли беруть велику групу людей і у випадковому порядку кажуть їм бути веганом або їсти м'ясо, а потім спостерігають, що станеться. Такі дослідження дуже важко проводити. Натомість науковці порівнюють людей, які є веганами, з тими, хто їсть м'ясо, і дивляться на розбіжності. Оскільки вегани, швидше за все, більше турбуються про своє здоров'я, ніж населення в цілому, існує вірогідність, що розбіжності у стані здоров'я між ними і м'ясоїдами пов'язані не тільки з харчуванням. Чи залишиться він веганом? "Я був

приємно здивований, - розповів Єо. - І хоча не планую повністю ставати веганом, зараз я хочу спробувати такий образ життя принаймні кілька днів на місяць". "Мушу зізнатися, я із застереженням ставився до веганства, але після того, як дізнався кілька рецептів, зі мною все було добре, і зрештою мені навіть сподобалося. Головним для мене було не намагатися готувати веганські версії страв, які я зазвичай їм із м'ясом, а натомість обирати рецепти, які задумувалися як веганські від самого початку", - розповів Єо. "Найбільше мені не вистачало яєць - я гадав, що набагато більше сумуватиму за м'ясом", - зізнався Єо. Більше подробиць про веганство і експеримент доктора Єо можна знайти на сторінці програми "Trust Me I'm A Doctor".

UNIT 2. LONGEVITY



LEAD-IN

1. Work in pairs and discuss the following questions.

1. Would you like to live long? Why? Why not?
2. Is it possible to live longer than 100 years nowadays?
3. What is important for a long healthy life?
4. What does longevity depend on? Share your ideas.
5. Are there any advantages or disadvantages of a long life?
6. Who is the oldest person you know? What do you think will they say the secret to a long life is?

PRE-READING

2. Make sure you know the meaning and pronunciation of the following words and collocations:

chronic diseases
genetics
life expectancy
strict vegetarians
nonagenarian
centenarian
lifespan

mortality
dietary factors
fasting
calorie restriction
weight gain
body mass index
lifestyle factors

3. Read the article about Blue Zones and their peculiarities and complete the assignments that follow.

***Why People in "Blue Zones" Live Longer
Than the Rest of the World***

www.healthline.com

Chronic diseases are becoming more and more common in old age. While genetics somewhat determine your lifespan and susceptibility to these diseases, your lifestyle probably has a greater impact. A few places in the world are called "Blue Zones." The term refers to geographic areas in which people have low rates of chronic disease and live longer than anywhere else. This article describes the common lifestyle features of people in Blue Zones, including why they live longer.

What Are Blue Zones?

"Blue Zone" is a non-scientific term given to geographic regions that are home to some of the world's oldest people. It was first used by the author Dan Buettner, who was studying areas of the world in which people live exceptionally long lives. They are called Blue Zones because when Buettner and his colleagues were searching for these areas, they drew blue circles around them on a map. In his book called *The Blue Zones*, Buettner described five known Blue Zones:

- *Icaria (Greece)*: Icaria is an island in Greece where people eat a Mediterranean diet rich in olive oil, red wine and homegrown vegetables.
- *Ogliastra, Sardinia (Italy)*: The Ogliastra region of Sardinia is home to some of the oldest men in the world. They live in mountainous regions where they typically work on farms and drink lots of red wine.

- *Okinawa (Japan)*: Okinawa is home to the world's oldest women, who eat a lot of soy-based foods and practice tai chi, a meditative form of exercise.
- *Nicoya Peninsula (Costa Rica)*: The Nicoyan diet is based around beans and corn tortillas. The people of this area regularly perform physical jobs into old age and have a sense of life purpose known as "plan de vida."
- *The Seventh-day Adventists in Loma Linda, California (USA)*: The Seventh-day Adventists are a very religious group of people. They're strict vegetarians and live in tight-knit communities.

Although these are the only areas discussed in Buettner's book, there may be unidentified areas in the world that could also be Blue Zones. A number of studies have found that these areas contain extremely high rates of nonagenarians and centenarians, which are people who live over 90 and 100, respectively. Interestingly, genetics probably only account for 20–30% of longevity. Therefore, environmental influences, including diet and lifestyle, play a huge role in determining your lifespan. Below are some of the diet and lifestyle factors that are common to people who live in Blue Zones.

One thing common to Blue Zones is that those who live there primarily eat a 95% plant-based diet. Although most groups are not strict vegetarians, they only tend to eat meat around five times per month. A number of studies, including one in over half a million people, have shown that avoiding meat can significantly reduce the risk of death from heart disease, cancer and a number of other different causes. Instead, diets in the Blue Zones are typically rich in the following:

- **Vegetables**: They are a great source of fiber and many different vitamins and minerals. Eating more than five servings of fruit and vegetables a day can significantly reduce your risk of heart disease, cancer and death.
- **Legumes**: Legumes include beans, peas, lentils and chickpeas, and they are all rich in fiber and protein. A number of studies have shown that eating legumes is associated with lower mortality.

- Whole grains: Whole grains are also rich in fiber. A high intake of whole grains can reduce blood pressure and is associated with reduced colorectal cancer and death from heart disease.
- Nuts: Nuts are great sources of fiber, protein and polyunsaturated and monounsaturated fats. Combined with a healthy diet, they're associated with reduced mortality and may even help reverse metabolic syndrome.

Some other dietary factors define each of the Blue Zones. For example, fish is often eaten in Icaria and Sardinia. It is a good source of omega-3 fats, which are important for heart and brain health. Eating fish is associated with slower brain decline in old age and reduced heart disease.

Other habits common to the Blue Zones are a reduced calorie intake and fasting. Long-term calorie restriction may help longevity. Eating fewer calories may be contributing to the longer lives in some of the Blue Zones. For example, studies in the Okinawans suggest that before the 1960s, they were in a calorie deficit, meaning that they were eating fewer calories than they required, which may be contributing to their longevity. Furthermore, Okinawans tend to follow the 80% rule, which they call "hara hachi bu." This means that they stop eating when they feel 80% full, rather than 100% full. This prevents them from eating too many calories, which can lead to weight gain and chronic disease.

In addition to consistently reducing overall calorie intake, periodic fasting appears to be beneficial for health. For example, Icarians are typically Greek Orthodox Christians, a religious group that has many periods of fasting for religious holidays throughout the year. One study showed that during these religious holidays, fasting led to lower blood cholesterol and lower body mass index (BMI).

Another dietary factor common to many of the Blue Zones is moderate alcohol consumption. There is mixed evidence about whether moderate alcohol consumption reduces the risk of death. Many studies have shown that drinking one to two alcoholic drinks per day can significantly reduce mortality, particularly from heart disease. However, a very recent study suggested that there is no real effect once you take into consideration other lifestyle factors. The

beneficial effect of moderate alcohol consumption may depend on the type of alcohol. Red wine may be the best type of alcohol, given that it contains a number of antioxidants from grapes.

Aside from diet, exercise and good night's sleep also seem to be very important for living a long and healthy life. Also, a number of other social and lifestyle factors are common to the Blue Zones, and they may contribute to the longevity of the people living there:

- Being religious or spiritual: Blue Zones are typically religious communities. A number of studies have shown that being religious is associated with a lower risk of death. This may be due to social support and reduced rates of depression.

- Having a life purpose: People in Blue Zones tend to have a life purpose, known as “ikigai” in Okinawa or “plan de vida” in Nicoya. This is associated with a reduced risk of death, possibly through psychological well-being.

- Older and younger people living together: In many Blue Zones, grandparents often live with their families. Studies have shown that grandparents who look after their grandchildren have a lower risk of death.

- A healthy social network: Your social network, called “moai” in Okinawa, can affect your health. For example, if your friends are obese, you have a greater risk of being obese, possibly through social acceptance of weight gain.

The Bottom Line

The Blue Zone regions are home to some of the oldest and healthiest people in the world. Although their lifestyles differ slightly, they mostly eat a plant-based diet, exercise regularly, drink moderate amounts of alcohol, get enough sleep and have good spiritual, family and social networks. Each of these lifestyle factors has been shown to be associated with a longer life. By incorporating them into your lifestyle, it may be possible for you to add a few years to your life.

4. Find English equivalents in the text:

- | | | |
|----------------------------------|-------------------------------|-----------------------------------|
| ○ схильність до хвороби | ○ велика | кількість |
| ○ мати винятково довге життя | ○ споживання | цільного зерна |
| ○ виконувати фізичну роботу | ○ зменшення | процесу зниження мозкової функції |
| ○ дружня громада | ○ нестача калорій | |
| ○ визначати тривалість життя | ○ бути корисним для здоров'я | |
| ○ суттєво знижувати ризик смерті | ○ помірне споживання алкоголю | |
| | ○ психологічне здоров'я | |

5. Match the words on the left with their definitions on the right:

- | | |
|--------------------|--|
| 1. protein | a. to eat little or no food for a period of time |
| 2. longevity | b. the way someone lives |
| 3. well-being | c. a way of eating when you eat certain foods |
| 4. life expectancy | d. someone who doesn't eat meat and fish |
| 5. lifestyle | e. how long you are likely to live |
| 6. diet | f. living for a long time |
| 7. life purpose | g. made or produced in your own garden |
| 8. vegetarian | h. what you intend to achieve in your life |
| 9. homegrown | i. the state of feeling happy and healthy |
| 10. fast | j. natural substance that exist in meat and fish |

READING COMPREHENSION

6. Answer the following questions.

1. Why are certain geographic regions called Blue Zones?
2. What are five known Blue Zones?
3. What can influence your lifespan?

4. What is common among people living in Blue Zones?
5. What are the main components of their diet?
6. Why does calorie restriction help to prolong your life?
7. Is moderate alcohol consumption beneficial for your health?
8. What other factors contribute to the longevity of the people living in Blue Zones?
9. Is life expectancy in Ukraine high or low? What are the reasons for this?
10. Is it good to live to a very old age? Why? Why not?

VIDEO

7. You are going to watch A Ted Talk with Den Buettner who will talk about some secrets of longevity (How to live to be 100+ https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100.) Listen to the speaker and complete the assignments that follow.

Dan Buettner is National Geographic writer and explorer. He studies the world's longest-lived peoples, distilling their secrets into a single plan for health and long life. To find the path to long life and health, Dan Buettner and team study the world's "Blue Zones," communities whose elders live with vim and vigor to record-setting age. In his talk, he shares the 9 common diet and lifestyle habits that keep them spry past age 100.

8. Fill in the gaps as you watch the video.

1. The problem is, only about one out of _____ people in America live to be 100. Your chances are very low.
2. People are not programmed for _____. We are programmed for something called _____.
3. When you think of it, there is _____ things that can age us. _____ of oxygen for just a few minutes, those brain cells die, they never come back.

4. Our body has _____ cells. These cells turn themselves over once every eight years.
5. Well, the fact of the matter is the best science tells us that _____, my body, your body, is about 90 years, a little bit more for women.
6. The best way to get the missing years is to look at the areas where _____, areas where _____ is an extra dozen years.
7. In Sardinia _____ still ride their bike to work, chop wood, and can beat a guy _____ than them.
8. Their diet is mostly _____, accentuated with foods that they can carry into the fields. They came up with an _____ called carta musica, a type of cheese made from grass-fed animals so the cheese is high in _____.
9. Okinawa is a place where _____ is found. It is a place where people have the longest _____ in the world. They have what we want.
10. Okinawans have all kinds of little strategies to keep from overeating: they _____ of smaller plates, so they tend to eat _____. Instead of serving family style, where you can sort of _____ as you are talking, they serve at the counter, put the food away, and then bring it to the table.
11. For this 102-year-old karate master, his ikigai was _____. For this hundred-year-old fisherman it was continuing _____ three times a week. And this is a question The National Institute on Aging actually gave us to ask these centenarians.
12. In America, life expectancy for the average woman is _____. However, for an Adventist woman, their life expectancy is _____. Moreover, the difference is even more pronounced among men, who are expected to live about _____ than their American counterparts.
13. So for the next three days he was out shoveling cement, and hauling poles around. And predictably, perhaps, on the fourth day he ended up in _____. But not as the guy on the

table; the guy _____. At 97 he still does _____ open-heart surgeries every month.

14. Sardinians tend to walk, the only proven way to stave off _____, and they all tend to have a garden. They know how to set up their life in the right way so they have the right _____.
15. When it comes to longevity there is no _____ in a pill or anything else. But when you think about it, your friends are _____, and therefore, perhaps the most significant thing you can do to add more years to your life, and life to your years.

VIDEO COMPREHENSION

9. Answer the following questions.

1. What myths does the speaker debunk?
2. What is procreative success?
3. Where did they find the first Blue Zone? Describe the diet of these people. What is the real secret of Sardinians?
4. What was the second Blue Zone they found? Describe the diet of these people.
5. What is Hara Hachi Bu diet? What is ikigai? What does it mean to be in Moai?
6. What is America's longest-lived population? How does their social network influence them?
7. What does the speaker mean when he says that no one living in these zones exercise?
8. What do people living in these Zones have in common?
9. What is Framingham study about?

PRESENTATION

- 10. Choose any Blue Zone mentioned in the text and get ready to speak about it.**

11. Discuss the quotations given below.

- ✓ *Many things can prolong your life, but only wisdom can save it.*
Neel Burton
- ✓ *We need to constantly absorb energy from the universe through food, exercise, and daily activities and need to conserve the use of energy for a vibrant, healthy, and long life.*
Julia H Sun
- ✓ *Never dismiss old people having fun; you will be one of them eventually if you are lucky.* **Carmin Savastano**
- ✓ *The quality, not the longevity, of one's life is what is important.*
Martin Luther King, Jr.
- ✓ *Do what you're going to do in longevity. Not just what happens tomorrow.* **Skitch Henderson**

WRITING

12. Write an essay on the topic: *Secrets of longevity*

TRANSLATION

13. Translate the article into English paying attention to the vocabulary.

Секрети довголіття від найстарішого українця

Немає, мабуть, такої людини, яка б не хотіла прожити довге та щасливе життя, та ще й у міцному здоров'ї. Однак вдається це не всім. Десятки та сотні років люди намагаються розгадати секрет молодості, здоров'я та безсмертя, та похвалитися столітнім ювілеєм може не кожен.

І досі тривають суперечки щодо факторів, які впливають на старіння організму, проте чарівного еліксиру так ніхто і не винайшов. Тим не менше, фахівці стверджують, що кількість

українців, які переступили 100-річний рубіж, залишається приблизно однаковою останні 10 років - 1200-1500 чоловік. До одного із таких щасливців належить і найстарший українець з Тернопільщини 111- річний Петро Лизан, який розповів про свої секрети довголіття.

Секрет перший – постійна праця. Також на столі лежить відкритий паспорт та військовий квиток, у якому чітко записано дату народження – 12 травня 1900-го року. Й самому дідусеві не віриться, що вже стільки років прожито! Більшість із них минуло у важкій роботі. Петро Павлович та його батько власноруч побудували будинок, у якому він проживав донедавна. Господарство мав чимале. Працював у колгоспі на різних роботах: і різноробочим на фермі, і фірманом, і трактористом. Навіть після смерті дружини продовжував тримати корову, домашню птицю.

Секрет другий – тільки домашні харчі. Усе життя пан Петро не перебірливий в їжі. Все, що кухня готує – все їсть. Дуже любить чоловік домашні продукти: від хліба і до м'яса – все має бути натуральне.

Секрет третій – алкоголю та сигаретам – "ні!". Усе життя пан Петро вів здоровий спосіб життя. Не дозволяв собі зловживати алкоголем, не було часу на паління. За здоровий спосіб життя Петро Лизан отримав і міцне здоров'я. Донедавна навіть читав книги. До 94 років жодного разу не був у лікарні та не приймав жодних пігулок. Аж поки не зламав ноги.

Секрет четвертий – щира молитва. "Я сам не знаю, звідки в мене стільки здоров'я: пережити дві війни, поховати стільки рідних і близьких... на це, мабуть, Божа воля"! – зізнається пан Петро.

Секрет п'ятий – оптимізм та любов до людей. Пережив дідусь і багато рідних. Поховав дружину, дочку, трьох зятів. Дочекався 10 онуків, 25 правнуків та 3 праправнуки. На Різдво та Великдень одного святкового столу та однієї кімнати для гостей замало, і це ще не вся родина.

UNIT 3 DIETS



LEAD-IN

1. Work in groups and discuss the questions.

1. What diets do you know? Would you like to try any?
2. Have you ever been on a diet? Share your experience.
3. What is the best way to diet?
4. Are diets dangerous or beneficial? What are your ideas?
5. In what way can diet influence your appearance and personality?

PRE-READING

2. Work in pairs and look at the photos. Which diet do you like the most? Why?

<p>KETO Food Pyramid</p> <p>Exclude: Bread, Pasta, Sugar, Milk, Corn, Beans, Rice</p>	<p>Mediterranean Diet Pyramid</p>	<p>INTERMITTENT FASTING 101</p> <p>Keto vation</p> <table border="1"><tr><td>BEFORE 12PM Fasting Window</td><td>12PM-8PM Eating Window</td><td>AFTER 8PM Fasting Window</td></tr></table> <p>STAY FOCUSED X BE CONSISTENT K</p>	BEFORE 12PM Fasting Window	12PM-8PM Eating Window	AFTER 8PM Fasting Window
BEFORE 12PM Fasting Window	12PM-8PM Eating Window	AFTER 8PM Fasting Window			

3. Read text A and complete the assignments that follow.**TEXT A*****What is the Mediterranean Diet?******Everything you need to know about this heart-healthy, centuries-old way of eating.***

www.americastestkitchen.com

The Mediterranean Sea is surrounded by an extraordinarily diverse group of countries: Italy, France, and Spain to the north, Greece, Turkey, Israel, Lebanon, and Syria to the east, and to the south, the North African countries of Egypt, Tunisia, Morocco, Algeria, and Libya. This means that there isn't a single "diet" that encompasses the entire Mediterranean region—the spice-laden dishes of Morocco bear little resemblance to the lemon and caper-laced cuisine of southern Italy. Rather, the Mediterranean diet is about what these cuisines have in common: a daily emphasis on vegetables and fruits, beans and lentils, whole grains, more seafood than meat and poultry, and heart-healthy olive oil. This is the essence of the Mediterranean way of eating.

The Mediterranean diet pyramid was originally developed in the 1990s as part of collaboration between the Harvard School of Public Health and Oldways, a nonprofit organization whose mission is to inspire good health through cultural food traditions.

The most common elements of Mediterranean meals—fruit, vegetables, grains (mostly whole), olive oil, beans, legumes, nuts, seeds, herbs, and spices—form the base of the Mediterranean diet pyramid. Fish and seafood are prominent elements that are consumed often, at least two times per week. Other foods like poultry, eggs, cheese, and yogurt are consumed in more moderate amounts, daily to weekly depending on the food. Foods like red meat and sweets are consumed with even less frequency and in relatively small quantities in the Mediterranean diet.

Instead of using meat and cheese as the main ingredients, Mediterranean dishes often use them as seasonings. Dishes are not drowned in sauce but instead drizzled with extra-virgin olive oil or a yogurt or tahini-based sauce to add flavor and richness.

Eating the Mediterranean way will help you eliminate unhealthy saturated fats, salt, and calories. In addition, because meat will no longer be the focal point of your meals, you will have to think about new (and, it should be noted, exciting) ways to bring out the flavor of certain ingredients. One way of doing that is to use lots of fresh herbs and spices in your cooking. Another way to bring out flavor is to utilize cooking techniques such as roasting, braising, and grilling.

With its high amounts of vegetables and olive oil, which contains heart-healthy monounsaturated fats, the Mediterranean diet has been said to promote healthy blood sugar levels, improve cognitive function, and even prevent diseases like Alzheimer's and certain types of cancer. And while the Mediterranean diet isn't low in fat, some studies have found that people who eat this way do tend to weigh less and have improved body mass index, lower cholesterol, and lower blood pressure. Other studies indicate that adhering to a Mediterranean diet results in better overall health, both physical and mental. Which is to say, the Mediterranean diet seems like a pretty good place to start for someone who is looking to eat healthy foods that are also delicious.

VOCABULARY

4. Translate the words and expressions given below:

- | | |
|---------------------------------|---------------------------------|
| ○ encompass | ○ to eliminate some products |
| ○ space-laden dishes | ○ a focal point |
| ○ collaboration | ○ to utilize cooking techniques |
| ○ prominent element | ○ to improve cognitive function |
| ○ seasoning | ○ to lower blood pressure |
| ○ to be drowned in sauce | |
| ○ to be drizzled with olive oil | |

- to adhere to a Mediterranean diet
- overall health
- mental health

5. Provide synonyms to the following phrases. Use them in the context of your own: *lose weight, very thin, obese, to follow a diet.* Write down all the word-combinations connected with *diet*.

READING COMPREHENSION

6. Work in groups and answer the following questions?

1. Why is the diet called Mediterranean?
2. What are common elements of Mediterranean diet?
3. What health benefits does it have?

READING

7. Read text B and complete the assignments that follow.

TEXT B

What is a Keto Diet?

www.ruled.me

A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It is referred to as many different names – ketogenic diet, low carb diet, low carb high fat (LCHF), etc.

When you eat something high in carbs, your body will produce glucose and insulin.

- Glucose is the easiest molecule for your body to convert and use as energy so that it will be chosen over any other energy source.
- Insulin is produced to process the glucose in your bloodstream by taking it around the body.

Since the glucose is being used as a primary energy, your fats are not needed and are therefore stored. Typically, on a normal higher carbohydrate diet the body will use glucose as the main form of energy. By lowering the intake of carbs, the body is induced into a state known as ketosis.

Ketosis is a natural process the body initiates to help us survive when food intake is low. During this state, we produce ketones, which are produced from the breakdown of fats in the liver.

The end goal of a properly maintained keto diet is to force your body into this metabolic state. We do not do this through starvation of calories but starvation of carbohydrates.

Our bodies are incredibly adaptive to what you put into it – when you overload it with fats and take away carbohydrates, it will begin to burn ketones as the primary energy source. Optimal ketone levels offer many health, weight loss, physical and mental performance benefits.

Benefits of a Ketogenic Diet: There are numerous benefits that come with being on keto: from weight loss and increased energy levels to therapeutic medical applications. Almost anyone can safely benefit from eating a low-carb high-fat diet.

Weight Loss. The ketogenic diet essentially uses your body fat as an energy source so there are obvious weight loss benefits. On keto, your insulin (the fat storing hormone) levels drop greatly which turns your body into a fat burning machine.

Control Blood Sugar. Keto naturally lowers blood sugar levels due to the type of foods you eat. Studies even show that the ketogenic diet is a more effective way to manage and prevent diabetes compared to low-calorie diets. If you're pre-diabetic or have Type II diabetes, you should seriously consider a ketogenic diet.

Mental Focus. Many people use the ketogenic diet specifically for the increased mental performance. Ketones are a great source of fuel for the brain. When you lower carb intake, you avoid big spikes in blood sugar. Together, this can result in improved focus and concentration. Studies show that an increased intake of fatty acids can have impacting benefits to our brain's function.

Increased Energy & Normalized Hunger. By giving your body a better and more reliable energy source, you will feel more energized during the day. Fats are shown to be the most effective molecule to burn as fuel.

Epilepsy. The ketogenic diet has been used since the early 1900's to treat epilepsy successfully. It is still one of the most widely used therapies for children who have uncontrolled epilepsy today. One of the main benefits of the ketogenic diet and epilepsy is that it allows fewer medications to be used while still offering excellent control.

Cholesterol & Blood Pressure. A keto diet has shown to improve triglyceride levels and cholesterol levels most associated with arterial buildup. More specifically low-carb, high-fat diets show a dramatic increase in HDL and decrease in LDL particle concentration compared to low-fat diets.

Insulin Resistance. Insulin resistance can lead to type II diabetes if left unmanaged. An abundant amount of research shows that a low carb ketogenic diet can help people lower their insulin levels to healthy ranges.

Acne. It is common to experience improvements in your skin when you switch to a ketogenic diet. Here is one study that shows drops in lesions and skin inflammation when switching to a low-carb diet.

Common Side Effects on a Keto Diet. Here are a few of the most common side effects that I come across when people first start keto. Frequently the issues relate to dehydration or lack of micronutrients (vitamins) in the body. They are cramps, constipation, heart palpitations, reduced physical performance, hair loss, increased cholesterol, gallstones, indigestion, keto rash.

VOCABULARY

8. Make sure you know the pronunciation and the meaning of the following words:

- molecule
- glucose
- insulin
- carbohydrate
- cholesterol
- arterial

- ketogenic
- ketosis
- epilepsy
- micronutrients
- vitamins

9. Translate the words and collocations given below. Use them in the context of your own:

- bloodstream
- food intake
- starvation
- mental performance
- to overload
- an abundant amount of smth
- lesion
- skin inflammation
- cramps
- heart palpitations
- gallstones
- indigestion
- rash

READING COMPREHENSION

10. Work in groups and answer the following questions:

1. What is keto diet about?
2. What are the health benefits of ketogenic diet?
3. What side effects can it have?

READING

11. Read text C and complete the assignments that follow.

TEXT C

The Beginner's Guide to Intermittent Fasting

jamesclear.com

Intermittent fasting is not a diet, it's a pattern of eating. It is a way of scheduling your meals so that you get the most out of them. Intermittent fasting does not change what you eat, it changes when you eat.

Why is it worthwhile to change when you are eating? Well, most notably, it is a great way to get lean without going on a crazy diet or cutting your calories down to nothing. In fact, most of the time you will try to keep your calories the same when you start intermittent fasting. (Most people eat bigger meals during a shorter time frame.) Additionally, intermittent fasting is a good way to keep muscle mass on while getting lean.

To understand how intermittent fasting leads to fat loss we first need to understand the difference between the fed state and the fasted state. Your body is in the fed state when it is digesting and absorbing food. Typically, the fed state starts when you begin eating and lasts for three to five hours as your body digests and absorbs the food you just ate. When you are in the fed state, it is very hard for your body to burn fat because your insulin levels are high.

After that time span, your body goes into what is known as the post-absorptive state, which is just a fancy way of saying that your body is not processing a meal. The post-absorptive state lasts until 8 to 12 hours after your last meal, which is when you enter the fasted state. It is much easier for your body to burn fat in the fasted state because your insulin levels are low. When you are in the fasted state your body can burn fat that has been inaccessible during the fed state.

It is rare that our bodies are in this fat burning state because we don't enter the fasted state until 12 hours after our last meal. This is one of the reasons why many people who start intermittent fasting will lose fat without changing what they eat, how much they eat, or how often they exercise. Fasting puts your body in a fat burning state that you rarely make it to during a normal eating schedule.

The Benefits of Intermittent Fasting

Fat loss is great, but it is not the only benefit of fasting.

1. Intermittent fasting makes your day simpler. I am big on behavior change, simplicity, and reducing stress. Intermittent fasting provides additional simplicity to my life that I really enjoy. When I wake up, I do not worry about breakfast. I just grab a glass of water and start my

day. I enjoy eating and I do not mind cooking, so eating three meals a day was never a hassle for me. However, intermittent fasting allows me to eat one less meal, which also means planning one less meal, cooking one less meal, and stressing about one less meal.

2. Intermittent fasting helps you live longer. Scientists have long known that restricting calories is a way of lengthening life. From a logical standpoint, this makes sense. When you are starving, your body finds ways to extend your life. The good news is that intermittent fasting activates many of the same mechanisms for extending life as calorie restriction. In other words, you get the benefits of a longer life without the hassle of starving.

3. Intermittent fasting may reduce the risk of cancer. This one is up for debate because there has not been a lot of research and experimentation done on the relationship between cancer and fasting. Early reports, however, look positive.

4. Intermittent fasting is much easier than dieting. The reason most diets fail is not because we switch to the wrong foods, it is because we don't actually follow the diet over the long term. It is not a nutrition problem; it's a behavior change problem. This is where intermittent fasting shines because it is remarkably easy to implement once you get over the idea that you need to eat all the time.

In my opinion, the ease of intermittent fasting is best reason to give it a try. It provides a wide range of health benefits without requiring a massive lifestyle change.

VOCABULARY

12. Find English equivalents in the text:

- | | |
|---|---|
| <input type="radio"/> періодичне лікувальне голодування | <input type="radio"/> недоступний |
| <input type="radio"/> м'язова маса | <input type="radio"/> зменшувати стрес |
| <input type="radio"/> становитись струнким | <input type="radio"/> труднощі |
| <input type="radio"/> нагодований | <input type="radio"/> продовжувати життя |
| <input type="radio"/> перетравлювати | <input type="radio"/> дотримуватись дієти |
| <input type="radio"/> поглинати | <input type="radio"/> здійснювати |

READING COMPREHENSION

13. Work in groups and answer the following questions:

1. What is intermittent fasting?
2. Why is the time you're eating important?
3. What are the advantages of intermittent fasting?

FOLLOW-UP DISCUSSION

14. Work in groups and discuss the following issues:

1. If you were to go on a diet which diet would you choose?
2. Do you know anyone who has been on one of the diets? Are there any feedbacks?
3. What other types of diet can you think of?

14. Work in groups. Get ready to role-play a colloquium during which you will discuss the diets mentioned in this unit.

VIDEO

15. You are going to watch BBC documentary *Eat, fast, live longer* (<https://www.dailymotion.com/video/x370lox>). Watch it and complete the assignments that follow.

Michael Mosley has set himself a truly ambitious goal: he wants to live longer, stay younger and lose weight in the bargain. And he wants to make as few changes to his life as possible along the way. He discovers the powerful new science behind the ancient idea of fasting, and he thinks he has found a way of doing it that still allows him to enjoy his food. Michael tests out the science of fasting on himself - with life-changing results.

16. Before watching, get ready to clarify the meaning of the following words and phrases:

- to combat the ravages of aging
- to run the marathon
- to flag down
- a septuagenarian
- to restrict food intake
- mentally and physically active
- over-eating
- to turn out a research
- severely restrict calories
- CRonie
- to outlive
- to do medical test
- pristine condition
- to hold the world record for longevity
- daunting prospect
- dietary intervention
- to deplete
- massively decreased
- to succumb
- sporadic bout of hunger
- cognitive ability
- palatable
- gorge themselves
- onset of diseases
- dementia
- Alzheimer's
- remotely hungry
- doable
- borderline diabetic

17. Decide whether the following statements are true (T) or false (F).

1. The speaker doesn't want to remain young and energetic but he knows someone who does.
2. 36 000 people are running 26-mile marathon.
3. Septuagenarians do not run the marathon.
4. Fauja is 101 and he managed to complete the marathon.
5. If you severely restrict the amount you eat, you live longer.
6. Balance is the simplest way of assessing ageing but requires special equipment.
7. The speaker can easily do what Joe does and is ready to restrict calories on a regular basis.

8. The test with mice proves that the bigger you are the more chances to live longer you have.
9. Laron syndrome is a very rare condition and less than 350 people worldwide suffer from it.
10. The food we eat affects how much IGF-1 our body produces.
11. The presenter decided to try a five-and-a-half day fast and that was not tough for him.
12. The speaker needs to fast every week to keep the benefits.
13. There is another way of fasting when you fast one day and the next day you eat whatever you want.
14. Professor Mark Mattson is a leading expert on the ageing brain.
15. Sporadic bouts of hunger trigger new neurons to grow. That means that the brain can generate new nerve cells.

VIDEO COMPREHENSION

18. Answer the following questions.

1. Where does the presenter start his search of experts for longevity?
2. Who is the oldest marathon runner? What are his secrets for longevity?
3. What has Professor Luigi Fontana been studying for 10 years? What are the results?
4. Whom does the presenter meet after Fontana's consultation? Why is this person special?
5. What medical tests do Joseph and the presenter perform in order to check their health condition? What are their results?
6. What does Professor Valter Longo study? What are the results of his study?
7. What is IGF-1 and why is it important?
8. What do Ecuadorian villagers and the long-lived mice have in common?
9. What is the best way to lower IGF-1? How does it work?

10. How does the presenter fast? Is it difficult for him? What are the main challenges? What are the results?
11. What is the way of keeping fasting more palatable? Is alternate day fasting effective? How does it work?
12. How does fasting affect our brain? What changes can we observe?
13. Can anyone fast whenever they like? What are the official recommendations that Professor Mattson gives.
14. How does the presenter decide to fast? Is it difficult for him? What are his results?
15. Have you ever tried any kind of fasting? Was it difficult for you? What were your results?

PRESENTATION

- 19. Prepare a presentation on the topic: *Diets and their effect on our health.***

WRITING

- 20. Write for-and-against essay on the following topic: *Everyone should follow a diet to keep fit and healthy.***

UNIT 4. VEGETARIANISM



LEAD-IN

1. What do you know about vegetarian diet?
2. What are the advantages and disadvantages of eating only plant-based food?
3. What products prevail in your diet? Is it meat or vegetables?
4. Do you know someone who doesn't eat meat? What are his/her results?

PRE-READING

2. Match the words on the right with the definitions on the left.

- | | |
|---------------|---|
| 1. fruitarian | a) smn whose job is to give advice about the food they should eat |
| 2. vegetarian | b) smn who is mainly vegetarian but occasionally eats meat and fish |
| 3. carnivore | c) smn who collects food that has been or is going to be thrown away, for example by supermarkets or restaurants, to use themselves or give to people who need it |

4. flexitarian d) someone who eats only fruit
5. dietitian e) smn. who tries to eat food which is grown or produced near where they live
6. freegan f) someone who chooses not to eat anything made from animals or fish, including eggs etc.
7. locavore g) someone who chooses not to eat meat or fish
8. vegan h) a person who eats meat

READING

3. Read the text and complete the assignments that follow.

What to know about the vegetarian diet

www.medicalnewstoday.com

A vegetarian does not eat meat or fish, but there are different types of vegetarian. Some consume eggs and dairy products, while the strictest kind, vegans, eat no animal products at all, including honey. Some people call themselves vegetarians, but they consume fish. It is not necessary to eat meat to get all the nutrients needed for good health. A person who chooses not to eat meat may enjoy better health, because they will eat more plant-based foods, and because they may be more active in making healthy choices.

A vegetarian diet has been found to reduce the risk of heart disease, obesity, hypertension, type 2 diabetes and some types of cancer, leading to a longer life expectancy. It may lead to weight loss. Around 5 percent of people in the United States describe themselves as vegetarian.

A vegetarian diet can provide a wide variety of healthful, nutritious foods. Different types of vegetarian eat different things.

- Lacto-ovo-vegetarians avoid the flesh of all animals, both meat and fish
- Pescatarians eat fish but no meat

- Lacto-vegetarians consume dairy products but no eggs
- Ovo-vegetarians consume eggs but no dairy
- Vegans avoid all animal-based foods, including honey

Some people call themselves “semi-vegetarian,” but most vegetarian and vegan societies do not accept this term. A vegetarian needs to make careful choices about their diet and to eat a wide variety of foods to ensure that they meet their nutritional requirements. Some vegans may need to take supplements.

History. The earliest records of vegetarianism come from the sixth century B.C.E., in India, Greece and the Greek civilization in Southern Italy, and it stemmed from a desire not to harm animals. Early traces of vegetarianism in Europe disappeared with the introduction of Christianity to the Roman Empire. Many orders of monks in medieval Europe either banned or limited meat consumption as a gesture of personal sacrifice or abstinence, but they ate fish. In the 19th and 20th centuries, vegetarianism reappeared in Western society. As research continues to support the benefits of a vegetarian diet, more people could become vegetarian in the future.

Benefits. Apart from health considerations, people become vegetarian for a range of reasons. Producing vegetarian food is more ecologically sustainable, and it reduces damage to the environment. Many people stop eating meat for ideological, ethical, or religious reasons. However, often, the focus is on health. Here are some ways in which avoiding meat products can enhance a person’s health.

A lower body weight: A study of 38,000 people showed that fish eaters, vegetarians, and vegans had a lower body mass index (BMI) than meat-eaters.

Healthier cholesterol levels: Scientists have shown that one specific vegetarian diet can lower cholesterol almost as well as treatment with medication. Levels of low-density lipoproteins (LDL), the “bad” cholesterol that causes clogging in coronary arteries, fell by almost 30 percent in participants who followed the diet.

Lower risk of developing cancer: Research shows that, overall, vegetarians have a lower risk of many different types of cancer,

compared with meat eaters. However, the same study found a higher incidence of colon cancer among vegetarians.

The Academy of Nutrition and Dietetics notes that a vegetarian diet can benefit people of all ages: “Appropriately planned vegetarian, including vegan, diets are healthy, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes.”

Nevertheless, these benefits will not immediately follow a decision to stop eating meat. Like any diet, a vegetarian diet should be part of an overall healthy lifestyle, which includes exercise and excludes unhealthy choices, such as smoking and drinking excess alcohol.

Becoming a vegetarian. Parents of vegetarian children should ensure their diet contains all of the key nutrients. Those who choose to become vegetarian include children and teenagers. Figures suggest that 3 percent of Americans aged 8 to 18 years are vegetarian. Anyone who has decided to become vegetarian needs to educate themselves to ensure they continue to get their key nutrients. Parents of vegetarian children must make sure their child is not just omitting the meat served with the family meal, but getting their nutrients in other ways.

It is possible to become a vegetarian at once, but a gradual change may work better for two reasons:

- A gradual change is more likely to become a lifestyle and a long-term move
- A sudden dietary change can affect some people’s digestive system at first. Changes to the gut microbiome may lead to temporary bloating, for example. It may also take longer for muscles to repair, without animal protein.

Risks. A vegetarian diet that is heavy on snacks and junk food can still be high in calories. People who do not eat meat or fish may lack certain nutrients, especially if they are not consuming eggs or dairy

products. Nutrients that people can lack are iron, calcium, protein, vitamin D, vitamin B12, zinc.

Becoming a vegetarian will not guarantee good health or a healthy diet. Anyone is at risk of poor health if they consume too many calories, unhealthy snack foods, too many refined carbohydrates, whole milk dairy products, and junk foods, whether meat-based or not.

VOCABULARY

4. Translate the following words and phrases. Use them in the context of your own:

- | | |
|--|---|
| <input type="radio"/> nutritious food | <input type="radio"/> prevention |
| <input type="radio"/> to take supplements | <input type="radio"/> excess alcohol |
| <input type="radio"/> to enhance a person's health | <input type="radio"/> digestive system |
| <input type="radio"/> treatment with medication | <input type="radio"/> bloating |
| | <input type="radio"/> to lack certain nutrients |
| | <input type="radio"/> abstinence |

5. Find English equivalents in the text:

- | | |
|---|--|
| <input type="radio"/> гіпертонія | <input type="radio"/> випадки раку |
| <input type="radio"/> м'ясо тварини | <input type="radio"/> кишечнику |
| <input type="radio"/> харчова потреба | <input type="radio"/> виключати |
| <input type="radio"/> екологічно стабільний | <input type="radio"/> мікрофлора кишечника |
| <input type="radio"/> засмічення артерій | <input type="radio"/> походити від |
| | <input type="radio"/> жертвувати |

6. Study collocations related to *fruit and vegetables*:

- | | |
|---|--|
| <input type="radio"/> apple pie order | <input type="radio"/> the tree is known by its fruit |
| <input type="radio"/> to be the apple of sb's eye | <input type="radio"/> banana republic |
| <input type="radio"/> to munch on an apple | <input type="radio"/> top banana |
| <input type="radio"/> cherry pick | <input type="radio"/> banana peel |

- not know/care beans
- to be full of beans
- to spill the beans
- cauliflower ear
- couch potato
- mouse potato
- hot potato
- salad days
- as cool as a cucumber
- plum job
- to go beetroot

READING COMPREHENSION

7. Work in groups and discuss the following questions.

1. Who is a vegetarian?
2. What can be the reasons for becoming a vegetarian?
3. What is the history of vegetarianism?
4. What are the different kinds of vegetarians? What is the difference between them?
5. What health benefits can a vegetarian have?
6. What are the main pieces of advice for those who want to become a vegetarian?
7. Have you ever considered becoming a vegetarian?
8. Would you marry a vegetarian if it meant you could not cook meat at home?
9. Do you know any famous vegetarians? (Albert Einstein, Avril Lavigne, Buddha, Clint Eastwood)
10. What is a better reason for becoming a vegetarian: health reasons or animal rights?

VIDEO

8. You are going to watch a Ted Talk with Mark Bittman where he is telling us what's wrong with what we eat (https://www.ted.com/talks/markbittman_on_what_s_wrong_with_what_we_eat?referrer=playlist-what_s_wrong_with_what_we_eat). Listen to the speaker and complete the assignments that follow.

Mark Bittman is a bestselling cookbook author, journalist and television personality. His friendly, informal approach to home cooking has shown millions that fancy execution is no substitute for flavor and soul. In this fiery and funny talk, New York Times food writer Mark Bittman weighs in on what's wrong with the way we eat now (too much meat, too few plants; too much fast food, too little home cooking), and why it's putting the entire planet at risk.

9. Before watching, get ready to clarify the following words and collocations:

- to intertwine
- culprit
- water shortage
- land degradation
- prevalent
- to crave
- whopper
- sustainable forms of energy
- puppet of business
- supplant
- to churn out
- red herring
- demise
- to cut down on housework
- planetary
- resoundingly
- to be down the tubes
- forward-thinking
- to put in a coma
- to nuke smth
- bland
- clamor
- omnivorously
- to spin yarns
- carbon footprint

10. Fill in the gaps while listening to the speaker.

1. _____ is the second-highest contributor to atmosphere-altering gases. It is also one of the biggest culprits in _____, air and water pollution, water shortages and _____.

2. _____ and junk food is the problem, along with our paltry consumption of plants. The evidence is that _____ promote health.
3. Another red herring might be exemplified by the word _____, which was just named word of the year by the New Oxford American Dictionary.
4. When margarine was invented, several states passed laws declaring that it had to be _____, so we'd all know that it was a _____.
5. From the '30s on, road systems expanded, trucks took the place of railroads, _____ to travel more. _____ became common in New York. The South and West became _____, and in other parts of the country, suburbs took over _____.
6. Many of us grew up never eating a _____ except the occasional raw carrot or maybe an odd _____. I didn't eat _____ till I was 19. Who needed it though? Meat was everywhere.
7. Between _____, the world's population doubled. _____ increased five-fold. Now, someone had to eat all that stuff, so we got _____. And this took care of the situation resoundingly.
8. Meat, junk food, cheese: the very stuff that _____. So, now we clamor for _____. That's good. And as evidence that things can actually change, you can now find organic food in _____, and even in _____.
9. _____ are attributed to livestock production. How much livestock do you need to produce this? _____ of the agricultural land on Earth, _____ of the Earth's land surface is directly or indirectly devoted to raising the animals we'll eat. And this amount is predicted to double in the next _____.
10. There's no diet on Earth that meets basic _____ that won't promote growth, and many will make you much healthier than ours does. We don't eat animal products for

_____, we eat them to have an odd form of _____, and it's killing us. To suggest that in the interests of personal and human health Americans eat _____ - it's not enough of a cut, but it's a start.

VIDEO COMPREHENSION

11. Work in groups and discuss the following questions.

1. Who is the second highest contributor to the pollution of the atmosphere? Why?
2. Why are lifestyle diseases prevalent in the USA?
3. What do animals and junk food have in common?
4. Why isn't USDA food pyramid ideal?
5. Why did people use to be locavore in the past? What happened then?
6. What was the eating pattern in the middle of the 20th century?
7. Why did the pattern change? What happened next?
8. Why is "organic" isn't organic at all?
9. Is there any diet, according to the speaker, that will make us healthier?
10. Do you agree with the speaker's ideas? Why? Why not?

FOLLOW-UP DISCUSSION

12. Discuss the quotations of famous people about vegetarianism. Do you agree with them or not?

- ✓ *Animals are my friends...and I don't eat my friends.* **George Bernard Shaw**
- ✓ *You can judge a man's true character by the way he treats his fellow animals.* **Paul McCartney**
- ✓ *A man can live and be healthy without killing animals for food; therefore, if he eats meat, he participates in taking animal life*

merely for the sake of his appetite. And to act so is immoral. Leo Tolstoy

- ✓ *Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages. Thomas A. Edison*
- ✓ *It is my view that the vegetarian manner of living, by its purely physical effect on the human temperament, would most beneficially influence the lot of mankind. Albert Einstein*

PRESENTATION

13. Prepare a presentation on the following topic: *The benefits and side effects of vegetarianism.*

WRITING

14. Write an essay on the topic: *An apple a day keeps a doctor away.*

RENDERING

15. Render the following text from Ukrainian into English paying attention to the health vocabulary.

Великий піст - час стати веганом і, можливо, назавжди?

Зараз багато говорять про те, що рослинна дієта приносить чимало користі організму людини. Але що корисніше: повна відмова від продуктів тваринного походження чи збалансований раціон, багатий овочами і фруктами?

Близько 10 років тому Ніл Поттс, тепер співзасновник веганського кафе Vurger Co, почав відчувати болі в шлунку. Він багато працював і жив у постійному стресі. Болі траплялися раз на кілька тижнів і тривали півдня. Це продовжувалося протягом наступних п'яти років, однак медичні дослідження не виявили нічого, крім незначного гастриту. Потім Поттс поїхав відпочити на

кілька тижнів до Лос-Анджелеса. Там його раціон змінився, він їв набагато менше м'яса і набілу, ніж раніше, і його шлункові болі зникли. Повернувшись до Великої Британії, Поттс перейшов на веганську дієту, виключивши будь-яку їжу тваринного походження, як-от м'ясо, риба, яйця, молочні продукти та мед.

"Крім того, що в мене припинив боліти живіт, я відчув неймовірні зміни в організмі", - розповідає він про перші кілька місяців веганства. "Я ніколи не почувався здоровішим і більш енергійним, ніж тепер. Моя шкіра виглядала чудово, і я не міг пояснити все це нічим іншим. Знаєте, я не з тих, хто вірить у дивовижні зцілення".

Ніл Поттс каже, що відпустка в Лос-Анджелесі допомогла йому зрозуміти, яку велику роль відіграє наше харчування у стані кишківника. Звісно, далеко не у всіх є непереносимість м'яса або молочних продуктів, але більшість з нас напевно відчували, як раціон впливає на загальне самопочуття. Втім, дієта не тільки покращує наше самопочуття, але й впливає на ті речі, які ми не відчуваємо одразу. З'являється дедалі більше доказів того, що вона змінює склад і функціонування мікробіоти, тобто трильйонів бактерій, які живуть в нашому кишківнику і безпосередньо впливають на здоров'я нашого тіла. І деякі дослідження свідчать, що найкращою для нашого кишківника є саме веганська дієта.

Веганська дієта має нижчий вміст білків, кальцію, насичених жирів і солі. Вегани вживають більше клітковини, яка міститься в бобових, овочах, горіхах, насінні, фруктах та крупах. Ці продукти, без сумніву, є найкориснішими для здоров'я всього організму, але вплив веганства на кишківник полягає не тільки в цьому.

Даніло Ерколіні, професор мікробіології з Неаполітанського університету, провів дослідження, в якому виявив, що більшість веганів і вегетаріанців, але лише 30% всеїдних, мали дієту, схожу на середземноморську. Цей раціон складається з великої кількості бобових, овочів і фруктів, виключного застосування оливкової олії холодного віджиму і дуже невеликого вживання сиру та цукру. Вчений також з'ясував, що у фекаліях людей, які дотримувалися такої дієти, була велика кількість коротколанцюгових жирних

кислот, які є дуже важливими для здоров'я кишківника і всього організму загалом. У подальших дослідженнях Ерколони виявив, що поліфеноли, мікроелементи, які містяться в деяких рослинах, також дуже корисні для кишківника і мають виражені протизапальні властивості. Багато проблем зі здоров'ям, зокрема синдром роздратованого кишківника, запалення кишківника та ожиріння, виникають саме через запальні процеси, каже дослідник.

Деякі дослідники вважають, що веганська дієта далеко не завжди є найкориснішою. "Я припускаю, що переважно рослинна дієта захищає від деяких захворювань, хоча поки що немає достатньо даних, щоби довести це", - каже вчений.

UNIT 5. EATING DISORDERS



LEAD-IN

1. Work in groups and discuss the following questions.

1. What eating disorders do you know?
2. What are the causes of eating disorders?
3. Do you know anyone who has an eating disorder? What are the circumstances?
4. Why do you think are these disorders more common in women than in men?
5. Why do you think are eating disorders so hard to recover from?

PRE-READING

2. Match the names of the diseases with their definition.

- | | |
|--------------------------|---|
| 1. anorexia nervosa | a. a disorder when a person consumes large amounts of food and then get rid of it by vomiting. |
| 2. bulimia nervosa | b. a disorder when a person eats large quantities of food and doesn't stop until he/she is uncomfortably full |
| 3. binge eating disorder | c. a disorder when a person intentionally starves himself/herself |

3. Make sure you know the translation and pronunciation of the following words and collocations:

life-threatening problem

mental wellbeing

physical wellbeing

severe weight loss

health concerns

compulsive exercise

medical complications

nutrition deficiencies

depleted body

pesticides

READING

4. Read the article about orthorexia and complete the assignments that follow

When Does "Healthy" Eating Become Dangerous?

www.nationaleatingdisorders.org

In a society so obsessed with health, when does striving to be "healthy" become dangerous? When does it turn into a problem? Many people are familiar with the more commonly known eating disorders - anorexia nervosa, bulimia nervosa, and binge eating disorder, but most people do not know about another serious eating disorder: orthorexia nervosa. Orthorexia, while not yet an official diagnosis in the DSM-5, is a life-threatening problem that requires treatment.

Orthorexia nervosa is defined as a "fixation on righteous eating." There is a preoccupation with the quality and purity of the food you are consuming; an obsession with being "healthy." In other words, orthorexia is when you are so obsessed with food being clean, raw, fresh, organic, GMO-free, etc., that it interferes with your quality of life and ability to engage in social eating events. Orthorexia is when wanting to be so pure and righteous leads to important nutrients being excluded and your mental and physical wellbeing being negatively impacted.

If we take out the words like fixation and obsession, orthorexia can sound like a “healthy” way to live, but don’t be fooled, for this is not the case! Orthorexia can cause severe weight loss and health concerns. Orthorexia is a perfect example of how too much of even something seen as beneficial can be detrimental.

Everyone’s brain takes in and processes information differently. A typical brain can understand and orchestrate concepts such as balance, flexibility, and moderation. A brain with more obsessive tendencies has trouble finding the middle ground. If you have orthorexia, you might hear that cardio is good for the heart, and now you find yourself compulsively exercising to an unhealthy extent. If you succumb to black-and-white thinking, you may hear that carrots are good for eyesight and that thinking drives you to eat a certain amount of carrots daily. Now, you cannot miss a day at the gym or have a meal without incorporating carrots! This rigidity makes it difficult to live a full life.

There is a certain pride that comes with orthorexia, almost a badge of honor. There may be a feeling of superiority in that you are eating and exercising in the best way possible and no one else is doing as great of a job as you are. It is an external way of elevating an often low sense of self. There may be an initial increase in self-esteem, but usually it will not last as there is always something more you could be doing, a way to be even “healthier” and therefore more righteous and perfect.

Orthorexia is a very scary disorder, and it often starts from a simple, seemingly-harmless diet. Society tends to praise those who include or exclude certain foods; it may even seem to most people that someone in the beginning stages of orthorexia is improving their lifestyle and making healthier choices. The “dieter” is revered for what is perceived as discipline. At first, it may be hard to realize there is an issue, but it soon becomes clear that you have a problem on your hands when you can no longer go to your friend’s house for dinner or eat at your favourite restaurant.

As you become more and more obsessed with being pure, your diet becomes very restrictive. Over time, we see a decrease in variety

and caloric intake, which can lead to social, physiological, and medical complications. Your health becomes compromised when suffering from nutrition deficiencies and when your body systems and organs are not getting enough energy. What started out as a way of being “healthy” has become the very thing that is causing harm. In addition, when you are suffering from orthorexia, or any eating disorder, the quantity/intensity of exercise tends to creep up to an unhealthy amount. Excess exercise becomes that much more harmful for your depleted body.

When does wanting to be pure and eating healthily turn into a disorder? Here are some red flags to help you recognize the signs of orthorexia:

- The avoidance and ultimately the elimination of certain types of food that the sufferer may not view as “pure” such as artificial colours, flavours, and preservatives, and foods that may have been genetically or chemically modified or treated with pesticides
- The avoidance of certain food groups that society has deemed “unhealthy”
- A decrease in the variety of foods
- Weight loss
- Refusal to eat food for which they are unclear about the preparation or what it contains (ex: at a restaurant)
- Refusal to eat food they have not prepared themselves
- Refusal to eat foods that weren’t produced or prepared in a way they consider pure (ex: food must be farm to table)

If any of these signs sound familiar, it is crucial that you reach out for help. It is also important to talk to your loved one if you believe they are suffering. Orthorexia is a serious disorder that requires professional help. Finding a therapist and/or nutritionist who specializes in eating disorders is a great first step. From there, your practitioner can help set up a team with all the key players. When working with trained professionals, recovery is possible!

5. Find in the text English equivalents of the following words and phrases. Use them in the context of your own:

- | | | |
|--|----------------------------|-----------------------------------|
| <input type="radio"/> нав'язлива | <input type="radio"/> ідея | <input type="radio"/> стійкість |
| <input type="radio"/> правильного харчування | | <input type="radio"/> перевага |
| <input type="radio"/> стурбованість | | <input type="radio"/> шанувати |
| <input type="radio"/> одержимість | | <input type="radio"/> обмежений |
| <input type="radio"/> шкідливий | | <input type="radio"/> підкратись |
| <input type="radio"/> розподіляти | | <input type="radio"/> консерванти |
| <input type="radio"/> поступитись | | <input type="radio"/> вважати |

6. Get ready to clarify the difference between the words *disorder, illness, ailment, disease*. Study collocations with these words.

- | | |
|---|--|
| <input type="radio"/> minor ailments | <input type="radio"/> fatal/terminal/incurable disease |
| <input type="radio"/> mental disorder | <input type="radio"/> hereditary/inherited disease |
| <input type="radio"/> genetic disorder | <input type="radio"/> to be diagnosed with an illness |
| <input type="radio"/> common/rare disorder | <input type="radio"/> life-threatening illness |
| <input type="radio"/> to catch/get/contract a disease | <input type="radio"/> childhood illness |
| <input type="radio"/> to prevent a disease | |
| <input type="radio"/> degenerative disease | |

READING COMPREHENSION

7. Work in groups and discuss the following questions.

1. What is orthorexia nervosa?
2. What are the signs and the symptoms of this disease?
3. Why is orthorexia scary disorder?
4. What can the reasons for this disorder be?
5. How does the disease hinder a person in social life?

6. What signs can help you to spot the disease?
7. How can orthorexia be treated?
8. Do you know someone suffering from this disease?
9. Are eating disorders physical or mental? What can be done to treat these disorders? What are the reasons?

VIDEO

8. You are going to watch an episode about a girl who is considered to be an extremely picky eater (<https://www.youtube.com/watch?v=qixyAulJmxo>). Before watching, get ready to clarify the following words and phrases:

- | | |
|--------------------------------------|-------------------------------------|
| <input type="radio"/> pickiness | <input type="radio"/> to shift |
| <input type="radio"/> food neophobia | <input type="radio"/> sleepover |
| <input type="radio"/> to keep down | <input type="radio"/> to alter |
| <input type="radio"/> choosy about | <input type="radio"/> major strides |
| <input type="radio"/> eso-reflux | <input type="radio"/> calamari |
| <input type="radio"/> variability | <input type="radio"/> palate |

9. Watch the story of a girl and discuss the following questions:

1. How can we distinguish between normal picky eating and disordered picky eating?
2. Describe the treatment that Erin receives. How do the parents support this treatment?
3. What progress do you see at the end of the clip?
4. Do you know someone who is extremely picky in eating? What can be done about it?

10. You are going to watch a story of Dominique who has been suffering from anorexia since she was 9 years old (<https://www.youtube.com/watch?v=sJMNpHoJ7Kg>).

Anorexia has the highest mortality rate of any mental illness and most treatments do not work. Dominique has lived with severe

anorexia since she was 9. Now a psychology student, she has a unique insight into her illness. She's determined to survive and to help others to overcome this condition.

11. Before watching get ready to clarify the following words and phrases:

- potent condition
- overwhelmed
- to open up
- to set the benchmark
- heart failure
- to be admitted to hospital
- to be confined to a hospital bed
- slightest exertion
- to feel low
- to be ingrained
- a glimpse of smth
- blur
- debilitating
- bone density
- osteoporosis
- confronting
- first-hand experience
- to internalise
- to be vulnerable to smth
- stigma

12. Watch the story of Dominique and discuss the following questions:

1. What do people think of anorexia? Why are they scared of it?
2. When did Dominique's disorder start and why?
3. Why does she force herself to eat even if she is not hungry?
4. What does she mean when she says who is in charge?
5. What does the speaker tell us about their childhood?
6. Did you know that anorexia can be inherited? What are the results of recent researches?
7. What is Dominique's mom story? Did she recover from anorexia?
8. Why does Dominique exercise? What are her relations with the people in the gym and her personal trainer?
9. Does Dominique think that she is fat? Has she ever wanted to be slimmer?

10. What does Dominique study at the university and how does it help her? What is her goal in life?

PRESENTATION

13. Choose any type of eating disorder and prepare a presentation about it.

FOLLOW-UP DISCUSSION

14. Work in groups and discuss the following issues

- ✓ The epidemic of anorexia nervosa: myth and reality
- ✓ The role of mass media in body image and eating disorder
- ✓ The role of a family in body image and eating disorder
- ✓ Gender role in eating disorders
- ✓ Psychotherapy in eating disorder

RENDERING

15. Render the following text into English paying attention to the health vocabulary.

Чи варто боятися худорлявок?

Від занадто худих зірок шоу-бізнесу до моделей з низькою вагою тіла, люди багато говорять про жінок, яких вони вважають дуже худими. Але деякі фахівці стурбовані тим, що такий підхід лише погіршує стан речей.

Цього тижня Ізраїль ухвалив закон, забороняючи моделям зніматися в рекламі та виходити на подіум, якщо вони мають коефіцієнт маси тіла менше 18,5. Це є частиною зусиль, спрямованих на те, аби пропагувати здоров'я жінок різної комплекції і припинити вихвалити найхудіших.

Останніми роками багато уваги приділялося тому, як жінок зображають у засобах масової інформації – чи мова йде про відшліфований образ моделей з глянцевого журналу, чи про худу телезірку, в якій видно кістки через недостатню вагу. В добу, коли жінки, яким подобається анорексія, згуртовуються на соціальних сайтах на кшталт Pinterest, не дивно, що законодавці схвильовані тим, як виглядає жіноче тіло.

Звісно, зменшення кількості фотографій, які змальовують жінок надзвичайно худими, піде на користь, каже Клер Миско, директор веб-сайту Proud2BeMe, який пропагує здоровий образ жіночого тіла. Цей веб-сайт створено в США Національною Асоціацією харчових розладів. "Існує небезпека, що все диктуватиметься лише одним зображенням жіночого тіла," каже вона. "Маємо серйозний брак різноманітності зображень жіночого тіла в засобах масової інформації. Люди не впізнають своє тіло та себе на знімках".

Закон, ухвалений в Ізраїлі, можливо, стане каталізатором змін. Але дехто вважає, що такі кроки можуть лише погіршити ситуацію.

В чому вада індексу маси?

Багато редакторів журналів, працівників модельних агентств та режисерів кажуть, що хотіли би використовувати більше моделей з різною комплекцією тіла, але не можуть цього робити через поширені громадські очікування. І кожна з цих груп людей звинувачує іншу у нав'язуванні моди на супер-худі тіла. "Всі вони почуваються заручниками потреби пропагування того, що кожен окремо сам не сповідує", каже Аманда Мірс, авторка книжки про модельний бізнес. "Кожна окремо з цих категорій людей почувається безсилою змінити стан речей." Вона додає, що, власне, змінити систему можна, шокувавши на початку незвичайним вибором, – тобто відмовившись від використання виключно худорлявих жінок. Проте і пані Мірс, й інші експерти з питання харчових розладів стурбовані тим, що закон не діятиме. "Тіло має різні форми та розміри. І сама ідея того, що є певна

кількість розмірів та форм, які "підходять" – вже це само по собі є неправильним," - каже вона.

Індекс маси тіла – співвідношення висоти до ваги – найкраще використовувати для замірів певних груп жінок, але цей індекс не є найкращим показником особистого здоров'я, каже Марго Мейн, психолог, яка спеціалізується на харчових розладах. "В минулому я б вітала такий закон, але в мене закрадаються сумніви щодо того, як судять про правильний тип тіла", - каже вона. Обмеження на тип тіл, які можуть працювати в модельному бізнесі чи просто вважатися привабливими, може мати зворотній ефект, каже Метью Джонсон, директор програм в мережі, що стежить за освітніми темами в ЗМІ Канади. "Що було б більш ефективно – так це заохочення. Пропагування ширшого набору форм тіла на телебаченні та в мас-медіа в цілому", - каже він. Бо інакше виходить, що законом надсилається не той сигнал – не захоплення різними формами та розмірами тіл, а лише заперечення занадто худих тіл.

Токсичний ефект

"Ми звели жінок лише до їхніх розмірів", - каже пані Майн, авторка книжки під назвою "Тілесний міф". "Зосереджуючись на жінках, які є худими, – чи від того, що вони мають харчові розлади, чи просто худі від природи, – ми зациклюємось на індивідуальному замість того, аби змінити культуру, яка вимагає всього худого". Худим жінкам, може, легше ведеться, аніж огрядним, але все ж вони є мішенню нападів щодо власних розмірів. Скажімо, Кейт Міддлтон, герцогиня Кембриджська, є об'єктом постійних спекуляцій щодо її здоров'я та коментарів про вагу її тіла.

Кампанія проти занадто худих моделей виглядає ударом по недосяжних стандартах тіла, каже Реган Частен. Вона виступає за те, щоб громадські смаки сприймали й огрядних жінок. Проте вона попереджає, що ті, хто намагається змиритися з комплекцією власного тіла, не чіпали інших, нав'язуючи ширшому загалові у такий спосіб свої власні смаки. "Ви не

можете глянути на когось і одразу ж сказати, наскільки зоровою є та чи інша людина. Вага та стан здоров'я – різні речі!" - каже вона.

Національна асоціація боротьби з харчовими розладами наполягає, що моделі мають проходити спеціальне обстеження на предмет розладів, проте їм не повинні забороняти виходити на подіум лишень на підставі показників розміру чи ваги тіла. "Є люди, які від природи худі, і є такі, які від природи є більш "в тілі", і ми повинні погодитись з різноманітністю, - каже пані Миско. - Мета проста: не вважати один якийсь тип тіла привабливим, а інший тип, навпаки, непривабливим."

PART 2. LIFESTYLE

UNIT 6. PHYSICAL ACTIVITY



LEAD-IN

1. Comment on the following quotations:

- *To enjoy the glow of good health, you must exercise.* **Gene Tunney**
- *True enjoyment comes from activity of the mind and exercise of the body; the two are ever united.* **Wilhelm Von Humboldt**
- *Movement is a medicine for creating change in a person's physical, emotional, and mental states.* **Carol Welch**
- *We do not stop exercising because we grow old - we grow old because we stop exercising.* **Kenneth Cooper**
- *An early-morning walk is a blessing for the whole day.* **Adam Smith**

2. Do the quiz to find out how fit you are. Share your results.

1. How long can you hold a plank?

- A. 0 to 30 seconds B. 31 to 60 seconds C. 61 and up

2. How many days per week do you work out (this doesn't mean a leisurely walk to the fridge and back)?
A. 0 to 1 B. 2 to 3 C. 4 to 7
3. How many push-ups can you do in a minute? Legs straight, hands shoulder-width apart, drop your chest to within 3 inches off the ground.
A. 0 to 5 B. 6 to 15 C. 16 and up
4. How long does it take you to run a mile?
A. 12 minutes and up B. 9:01 to 11:59 C. Less than 9 minutes
5. How far can you go on the sit-and-reach test?
A. Can't get my fingertips past my kneecaps
B. Can't get my fingertips to my toes
C. Call me Gumby—I can grab my toes.
6. How long can you hold a wall sit (they suck, we know)?
A. 0 to 30 seconds B. 31 to 59 seconds C. 1 minute and up
7. What is your BMI?
A. Over 25 B. 18.5 to 24.9 C. Under 18.5
8. How long can you maintain 100 rpm on a stationary bike?
A. Never been on a bike B. 0 to 2 minutes C. 2 to 5 minutes

Scoring

A = 3 Points B = 2 Points C = 1 Point

Total your points together to determine how fit you are.

Your Fitness Level:

20 to 24 Points. You've Got Work to Do. So you may not be able to hold a plank for very long. But if you set goals, make a training plan, and get active a few more days a week, you'll be on your way to

losing fat, gaining strength, and holding that plank longer. Just keep trekking.

14 to 19 Points. You're on the Right Track—Take It Up a Notch. You are determined to PR at your next 5K, but you just need that extra motivation to reach your goal. Grab a friend, try a new training plan, or switch up your exercise routine to help you reach your goals. Don't get lazy; you are so close. Keep up the good work.

13 to 8 Points. Way to Work It—You're a Fitness Rock Star! Which race are you doing next week? You are self-motivated and live and breathe fitness. You deserve a medal. Push yourself even more; switch up your fitness routine and try to shed a few seconds off your race time. Can you handle the challenge?

PRE-READING

3. Before reading the texts try to guess the meaning of the following collocations:

sedentary pastime

active pursuit

brisk walking

stiffer muscle fibers

abundant evidence

posture and balance

neural atrophy

memory hub

empirical evidence

neurodegenerative disorders

READING

4. Read the text A paying attention to the underlined words and expressions.

TEXT A

The secret to better health — exercise

www.health.harvard.edu

Whether you're 9 or 90, abundant evidence shows exercise can enhance your health and well-being. But for many people, sedentary pastimes, such as watching TV, surfing the Internet, or playing computer and video games, have replaced more active pursuits.

Millions of Americans simply aren't moving enough to meet the minimum threshold for good health — that is, burning at least 700 to 1,000 calories a week through physical pursuits. The benefits of exercise may sound too good to be true, but decades of solid science confirm that exercise improves health and can extend your life. Adding as little as half an hour of moderately intense physical activity to your day can help you avoid a host of serious ailments, including heart disease, diabetes, depression, and several types of cancer, particularly breast and colon cancers. Regular exercise can also help you sleep better, reduce stress, control your weight, brighten your mood, sharpen your mental functioning, and improve your sex life.

A well-rounded exercise program has four components: aerobic activity, strength training, flexibility training, and balance exercises. Each benefits your body in a different way.

Aerobic exercise is the centerpiece of any fitness program. Nearly all of the research regarding the disease-fighting benefits of exercise revolves around cardiovascular activity, which includes walking, jogging, swimming, and cycling. Experts recommend working out at moderate intensity when you perform aerobic exercise — brisk walking that quickens your breathing is one example.

Strength or resistance training, such as elastic-band workouts and the use of weight machines or free weights, is important for building muscle and protecting bone. Bones lose calcium and weaken with age, but strength training can help slow or sometimes even reverse this trend. Not only can strength training make you look and feel better, but it can also result in better performance of everyday activities, such as climbing stairs and carrying bundles.

Stretching or flexibility training is the third prong of a balanced exercise program. Muscles tend to shorten and weaken with age. Shorter, stiffer muscle fibers make you vulnerable to injuries, back pain, and stress. But regularly performing exercises that isolate and stretch the elastic fibers surrounding your muscles and tendons can counteract this process. And stretching improves your posture and balance.

Balance tends to erode over time, and regularly performing balance exercises is one of the best ways to protect against falls that lead to temporary or permanent disability. Balance exercises take only a few minutes and often fit easily into the warm-up portion of a workout. Many strength-training exercises also serve as balance exercises. Or balance-enhancing movements may simply be woven into other forms of exercise, such as tai chi, yoga, and Pilates.

In a nutshell, exercise can:

- reduce your chances of getting heart disease. For those who already have heart disease, exercise reduces the chances of dying from it.
- lower your risk of developing hypertension and diabetes.
- reduce your risk for colon cancer and some other forms of cancer.
- improve your mood and mental functioning.
- keep your bones strong and joints healthy.
- help you maintain a healthy weight.
- help you maintain your independence well into your later years.

READING COMPREHENSION

5. Work in groups and discuss the following questions.

1. How does regular exercise influence you body?
2. Why is aerobic exercise important?
3. What does strength and resistance training help to improve?
4. What do balance exercises prevent?

5. How often do you exercise? Would you like to increase the number of workouts you have?

READING

6. Read the text B paying attention to the underlined words and expressions.

TEXT B

Once and for All: Aerobic Exercise Increases Brain Size

www.psychologytoday.com

For over a decade, researchers have suspected that aerobic exercise boosts cognitive function and maintains brain health via neurogenesis (the birth of new neurons). Neurogenesis is believed to bulk up gray matter volume, prevent neural atrophy, and increase the size of certain brain regions.

Some neuroscientists even refer to aerobic exercise as "Miracle-Gro for the brain." But there are also some naysayers who have fuelled a constructive "correlation does not imply causation" debate as to whether or not aerobic exercise actually causes the human hippocampus (a memory hub) to increase in size.

Finally, a new first-of-its-kind meta-analysis confirms that aerobic exercise does, in fact, increase hippocampal volume in the human brain. For this meta-analysis, an international team of researchers systematically reviewed 14 clinical trials which involved brain scans of 737 people before and after aerobic exercise programs or under control conditions. More specifically, the team examined effects of aerobic exercise, which included stationary bicycling, walking, and treadmill running. The length of the aerobic interventions ranged from three to 24 months with a spectrum of two to five moderate-to-vigorous physical activity (MVPA) sessions per week.

Typically, brain health decreases as we get older. The average brain shrinkage experienced by men and women is approximately five percent per decade after age 40. The good news is that aerobic

exercise increases hippocampal volume and can improve memory function along with maintaining overall brain health as we age.

What Makes Aerobic Exercise Like Miracle-Gro for the Human Brain?

Brain-derived neurotrophic growth factor (BDNF) is a protein released during aerobic exercise which acts like "Miracle-Gro" neuron fertilizer. BDNF promotes both neurogenesis and functional connectivity between brain regions via neuroplasticity.

Countless animal studies on rats and mice have consistently shown that physical exercise increases the size of the hippocampus. However, until recently the empirical evidence of aerobic activity increasing hippocampal volume in humans has been inconsistent. That said, the current meta-analysis reaffirms a significant effect of aerobic exercise on left hippocampal volumes in the human brain. In a statement, lead author, NICM postdoctoral research fellow, Joseph Firth, said, "this study provides some of the most definitive evidence to date on the benefits of exercise for brain health." Firth concludes that along with improving regular 'healthy' brain aging, the results of this new systematic review and meta-analysis have implications for the prevention of aging-related neurodegenerative disorders such as Alzheimer's and dementia. Notably, aerobic exercise is one of the very few 'proven' methods for maintaining gray matter (GM) brain volume and white matter (WM) functional connectivity into older age.

If you need one more reason to stay physically active on a regular basis, hopefully, the growing mountain of empirical evidence showing that aerobic exercise increases brain size will inspire you to move more.

VOCABULARY

7. Study words and collocations related to physical activity. Use them in the context of your own.

- to do/play sport
- to take exercise
- to stroll
- to go for a hike

- agile workout
- to loosen up
- to limber up
- to tone up
- sluggish
- to devise a workout routine
- press-ups
- jogging
- sprinting
- to undergo intensive training
- a training session
- to be in training for smth
- vigorous/strenuous exercise
- keep-fit exercises
- to be in leaps and bounds
- to start the ball rolling
- the ball is in your court
- to get the red card

READING COMPREHENSION

8. Work in groups and discuss the following questions.

1. What is neurogenesis?
2. What kind of research was conducted to prove the influence of exercise on the brain?
3. What is BDNF? Why is it important for the human brain?
4. What were the results of the research?
5. Can exercising prevent diseases? What kind of diseases?

VIDEO

9. You are going to watch a video about yoga and its benefits (<https://www.dw.com/en/the-benefits-and-risks-of-yoga/av-38937866>).

Yoga coach Patricia Thielemann talks about the benefits of yoga. She explains how it can be good for body and soul, and help reduce stress. But it should be done with expert advice and under supervision.

10. After watching, get ready to discuss the following questions:

1. Why do people love yoga?
2. What are yoga's benefits to the body?
3. Is there any difference between modern yoga and an ancient one?
4. What does yoga train in the body?
5. What is the correlation between yoga and physical exercise?
6. What are the dangers of yoga?
7. Why is it important to practice yoga regularly?
8. What is your attitude to yoga? Do you practice it?

11. You are going to watch a video about exercise and motivation (<https://www.dw.com/en/exercise-and-motivation-the-experts-opinion/av-46813674>).

Why we all need to stop making excuses and start exercising: In Good Shape Fit talks fitness and motivation with sports psychologist Prof. Ralf Brand from the University of Potsdam.

12. After watching, get ready to discuss the following questions:

1. Why is it difficult to start exercising for the majority of people?
2. What is the expert's advice on changing your lifestyle?
3. What are World Health Organisation's recommendations? What is wrong with them?
4. How can you become a runner?
5. What does speaker's metaphor "inverse chocolate" mean?
6. What is expert's advice on starting a workout?
7. Are you motivated to start exercising? Why? Why not?

13. Work in groups and discuss the following questions:

1. What comes to your mind when you hear the expression “physical activity”?
2. Why is it important to exercise? What kind of exercise is better? How much should a person exercise?
3. Is it more fun to exercise alone or with other people?
4. Do you know anyone who exercises a lot? How do they feel? Are they happy about it?
5. If exercise makes you live a lot longer, why do so many people not bother to do it?
6. Do you like to exercise? Which exercise would you prefer: jogging, swimming or cycling?
7. Do you think exercising makes your brain work better?

PRESENTATION

14. Choose any type of physical activity and prepare to speak about health benefits of it.

WRITING

15. Write an essay on the following topic: *There should be a law that requires everyone to exercise.*

TRANSLATION

16. Translate the following article into English, paying attention to the vocabulary.

Чи допомагає спорт від депресії?

Кореспондентка з питань здоров'я BBC Future намагалася з'ясувати, чи справді це так. На рівні інтуїції це припущення здається цілком логічним. Адже в здоровому тілі - здоровий дух, хіба не так? Протягом десятиліть сімейні лікарі поруч із психотерапією та ліками

прописували пацієнтам із діагнозом "депресія" фізичні вправи. Але нещодавно в пресі з'явилися повідомлення, що спорт ніяк не впливає на психічний стан хворих. Чи означає це, що цілі покоління лікарів помилялися? Зібрати інформацію про вплив спорту на настрій людини виявилось складніше, ніж можна було очікувати. Якщо зазвичай, щоб перевірити ефективність ліків, достатньо одній групі людей видати сам препарат, а іншій - плацебо, то з фізичними вправами все значно складніше. На відміну від препарату-замінника, люди усвідомлюють те, що виконують вправи, а тому чистота експерименту порушується. До того ж, усіх не так просто змусити піти в спортзалу. Тому в більшості досліджень людям дозволяють самим обрати, в якій групі вони хотіли би бути. А це, звісно, перекручує результати. Адже ті, кому спорт приносить задоволення, отримують від нього більше користі.

У пошуках відповіді я звернулася до даних Кокранівської співпраці - міжнародної некомерційної організації, яка системно вивчає ефективність медичних засобів і способів лікування. Результати 30 різних експериментів, проведених у таких різних країнах, як Таїланд, Данія та Австралія, показали, що в цілому фізичні вправи добре впливають на людей із депресією. Але якщо враховувати дані найбільш точних досліджень, позитивний ефект - невеликий.

Отже, якщо вправи таки допомагають, принаймні трохи, постає інше запитання: як саме вони впливають на настрій?

Теорій є кілька. Одна з них припускає, що під час фізичної активності в організмі підвищується рівень ендорфінів і дофаміну, які поліпшують самопочуття. Ще одна теорія, яка виникла в саунах і лазнях Скандинавії в 1970-х роках, стверджувала, що настрій покращується через підвищення температури тіла, яке спричиняє вивільнення ендорфінів у крові. Ті учасники, які сиділи в сауні, під кінець дослідження справді мали кращий настрій, ніж контрольна група. Та в цього експерименту є несподівана деталь: за участь у ньому платили пивом.

Але чи може спорт покращити настрій, навіть якщо вам не стало жарко і ви не спітніли? Дослідники намагалися перевірити і

це. Відчайдушних добровольців змушували надягати шарфи з льодом, поки вони крутили педалі велотренажерів чи навіть занурювали самі велотренажери в басейн, так що в учасників залишалася над водою тільки голова. Настрій підводних велосипедистів, як не дивно, не поліпшився, а от ті, хто тренувався з льодом на шиї, здається, виглядали щасливішими.

І нарешті, є ще одне дуже просте пояснення, яке запропонував професор Вільям Морган з Університету Вісконсін-Медісон у США. Річ у тім, припустив учений, що під час фізичних вправ ми просто відволікаємося від того, що нас турбує. Морган також виявив, що позитивний ефект триває не більш ніж 24 годин, а тому перерви між заняттями не повинні бути великими.

Виходить, що фізичні вправи дещо покращують психічний стан людини, але панацеєю від депресії вони, звісно, не є. Взагалі депресивні стани, як правило, полегшуються за півроку, незалежно від того, отримувала людина лікування чи ні. Отже, тренажерна зала не вилікує світ від депресії, та спробувати все ж варто.

- 2) I've stopped enjoying my regular activities, hobbies and general day-to-day habits. I can't really be bothered to do much or see/speak to anyone – including people I normally enjoy spending time with, such as friends.
A: Never B: Sometimes C: Most of the time
- 3) I find it difficult to rest, relax, or recharge my batteries properly. I feel tired, my quality of sleep is poor (problems falling asleep, night waking, over-sleeping) and I just feel generally wiped out with little energy.
A: Never B: Sometimes C: Most of the time
- 4) My appetite has changed. I just don't feel hungry or able to eat much food – or the opposite, I cannot stop eating and feel constantly hungry and crave certain foods.
A: Never B: Sometimes C: Most of the time
- 5) I'm carrying around a general sense of worry, a feeling of dread, like something bad is going to happen but I'm not sure what. It feels irrational but I can't seem to shake the feeling off or control the worrying thoughts.
A: Never B: Sometimes C: Most of the time
- 6) I'm feeling more irritable, short-tempered, and restless than usual. I find it hard to concentrate, and simple tasks, such as focusing on a TV programme or reading a book, are proving difficult.
A: Never B: Sometimes C: Most of the time
- 7) I have been feeling physical niggles – aches and pains, chest tightening/fluttering, a change in bowel habits, a foggy mind, dizziness, overwhelmed, neck pain, headaches ...
A: Never B: Sometimes C: Most of the time

8) I'm drinking more alcohol than usual, or taking substances (including prescription medication and illegal drugs), in order to help me relax, cope or forget.

A: Never B: Sometimes C: Most of the time

9) I feel lonely – even though I have lots of people around me

A: Never B: Sometimes C: Most of the time

10) I feel like I'd like everything to just "stop" for a bit – as though the world is spinning and I'd like to just get off for a bit to breathe and catch up with myself

A: Never B: Sometimes C: Most of the time

The results:

Mostly A: feeling good. Whatever you are doing, keep doing it. Life is ticking along nicely, and you are in a good place, so well done for putting yourself first and keeping your mental and emotional wellbeing at the top of the list of priorities. Remember it is totally normal and OK to have a blip, so if you have the odd day when you are not feeling quite so chipper that's also fine.

Mostly B: a bit blue. OK, things have been feeling a bit "meh" recently, but well done for catching how you're feeling now – the key to coping and keeping well is to actively notice when things are starting to slip, and then do something about it. It is important to speak to someone you trust, a friend, family member, counsellor, about how you are feeling.

Mostly C: time to seek some help. It is really brave that you have been honest and open with yourself, and recognised that things are difficult. It sounds like you are struggling to cope with day-to-day life. It is vital that you don't suffer in silence and plod along alone. There is help out there. It would be worthwhile to see your GP as soon as possible. Your GP can help you find the right professional. Speak to a

trusted friend and family member without delay about how you're feeling.

PRE-READING

3. Before reading, try to guess the meaning of the following words and collocations:

to experience stress

stress management technique

to eliminate all stress

a trigger

burnout

to be exacerbated by stress

to affect immunity

resilience

coping skills

to minimize overall stress load

READING

4. Read the article that will provide you an insight into stress management and complete the assignments that follow.

An Overview of Stress Management

www.verywellmind.com

We all experience stress in our lives. As the vast majority of health problems are caused or influenced by stress, it's important to understand how stress affects your body and learn effective stress management techniques to make stress work for you rather than against you.

Stress is your body's response to changes in your life. As life involves constant change (ranging from changing locations from home to work each morning to adapting to major life changes like marriage, divorce, or death of a loved one), there is no avoiding stress. This is why your goal shouldn't be to eliminate all stress, but to eliminate unnecessary stress and effectively manage the rest. There are some common causes of stress that many people experience but each person is different.

Stress can come from many sources, which are known as "stressors." Because our experience of what is considered "stressful" is created by our unique perceptions of what we encounter in life (based on our own mix of personality traits, available resources, habitual thought patterns and more), a situation may be perceived as "stressful" by one person and merely "challenging" by someone else.

Simply put, one person's stress trigger may not register as stressful to someone else. That said, certain situations tend to cause more stress in most people and can increase the risk of burnout. For example, when we find ourselves in situations where there are high demands on us; where we have little control and few choices; where we do not feel equipped; where we may be harshly judged by others; and where consequences for failure are steep or unpredictable, we tend to get stressed.

Because of this, many people are stressed by their jobs, their relationships, their financial issues, health problems, and more mundane things like clutter or busy schedules. Learning skills to cope with these stressors can help reduce your experience of stress.

Just as stress is perceived differently by each of us, stress affects us all in ways that are unique to us. One person may experience headaches, while another may find stomach upset is a common reaction, and a third may experience any of a number of other symptoms. While we all react to stress in our own ways, there is a long list of commonly experienced effects of stress that range from mild to life-threatening. Stress can affect immunity, which can impact virtually all areas of health. Stress can affect mood in many ways as well.

If you find yourself experiencing physical symptoms you think may be related to stress, it is important to work on managing that stress and talk to your doctor to be sure you are doing what you can to safeguard your health. Symptoms that may be exacerbated by stress are not "all in your head" and need to be taken seriously. Creating a stress management plan is often one part of a plan for overall wellness.

Stress can be effectively managed in many different ways. The best stress management plans usually include a mix of stress relievers that address stress physically and psychologically, and help to develop resilience and coping skills.

Some stress relief techniques can work in just a few minutes to calm the body's stress response. These techniques offer a "quick fix" that helps you feel calmer in the moment, and this can help in several ways. When your stress response is not triggered, you may approach problems more thoughtfully and proactively. You may be less likely to lash out at others out of frustration, which can keep your relationships healthier. Nipping your stress response in the bud can also keep you from experiencing chronic stress. Quick stress relievers like breathing exercises, for example, may not build your resilience to future stress or minimize the stressors that you face, but they can help calm the body's physiology once the stress response is triggered.

Some techniques are less convenient to use when you are in the middle of a stressful situation. But if you practice them regularly, they can help you manage stress in general by being less reactive to it and more able to reverse your stress response quickly and easily. Long-term healthy habits, like exercise or regular meditation, can help to promote resilience toward stressors if you make them a regular part of your life. Communication skills and other lifestyle skills can be helpful in managing stressors and changing how we feel from "overwhelmed" to "challenged" or even "stimulated."

You may not be able to completely eliminate stress from your life, or even the biggest stressors, but there are areas where you can minimize it and get it to a manageable level. Any stress that you can cut out can minimize your overall stress load. For example, ending even one toxic relationship can help you more effectively deal with other stress you experience because you may feel less overwhelmed.

Discovering a wide variety of stress management techniques, and then choosing a mix that fits your needs, can be a key strategy for effective stress relief.

5. Find English equivalents in the text. Use them in the context of your own.

- унікальне сприйняття
- зустрічати у житті
- різко засуджувати
- неймовірний
- світський
- метушня
- розлад шлунку
- вибухнути докорами
- знищити у зародку
- токсичні стосунки

6. Study collocations with the noun *stress*, its derivatives and other words related to stress.

- to be under stress
- stress and strains
- to put/lay stress on
- stress-related illness
- to stress sb out
- traumatic
- baffling
- to bring pressure to bear
- bundle of nerves
- to hammer it home
- to live on your nerves
- metal fatigue
- to run ragged
- stressed out
- couldn't care less
- devil may care
- eat your heart out
- here comes trouble

READING COMPREHENSION

7. Work in groups and discuss the following questions:

1. What is the definition of stress?
2. What are the causes of stress?
3. What stressors can you have?
4. How does stress affect our body? What are the physical symptoms of stress?

5. How can stress be effectively managed? What techniques does the author propose?
6. Which technique is the quickest one?
7. What relationship is called toxic?
8. What techniques can help you to promote resilience toward stress?

VIDEO

8. **You are going to watch a Ted-Ed video where Elizabeth Cox is talking about the connection between stress and memory (https://www.ted.com/talks/elizabeth_cox_the_surprising_link_between_stress_and_memory#t-274732).**

You spend weeks studying for an important test. On the big day, you wait nervously as your teacher hands it out. You are working your way through, when you're asked to define "ataraxia." You know you've seen the word before, but your mind goes blank. What just happened? Elizabeth Cox details the complex relationship between stress and memory.

9. **After watching, discuss the following issues:**

1. How does memory for facts work?
2. How does stress affect our memory?
3. What can you do to stay calm? What are the most effective techniques?
4. Will you follow these recommendations when you're preparing for an exam?

10. **You are going to watch a Ted talk with Kelly McGonigal where she will tell you how to make stress your friend (https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend#t-552300).**

Stress. It makes your heart pound, your breathing quicken and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as a positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others.

11. After watching, discuss the following issues:

1. What made the speaker rethink her attitude to stress?
2. How can stress make you healthier?
3. What is going on in your body in a typical stress response?
4. How does stress make you social?
5. How does oxytocin act on your brain and your body?
6. What does the speaker mean when she says that stress gives us access to our heart? Do you agree with her?

PRESENTATION

12. Prepare a presentation about the following issues:

- ✓ Misconceptions about stress
- ✓ Stress management techniques
- ✓ Cortisol and its role in the body's functioning
- ✓ Stress and its effect on your body
- ✓ Exercising and stress

WRITING

13. Write an essay on the following topic: *My tips to cope with stress.*

TRANSLATION

14. Translate the following text paying attention to the vocabulary.

Чому міленіали найбільше страждають від вигорання

Вигорання - не нова проблема, але останнім часом вона стала надто поширеною серед покоління міленіалів, людей у віці 25-30 років. Чому поради виховувати в собі витривалість не допомагають і що треба зробити насправді?

Нещодавно BBC Three опублікувала історії молодих людей, в яких вони розповідають про надзвичайне фізичне та емоційне виснаження, що супроводжує їхнє життя. Вигорання міленіалів (людей народжених у 1981-1996 роках) стало окремим терміном після надзвичайно популярної статті кореспондентки BuzzFeed Анни Гелени Петерсон, яка вийшла на початку цього року. Хоча цей стан не визнаний офіційною медициною, він має доволі чіткі симптоми.

За словами Петерсен, вигоранню сприяє складна робота та економічні проблеми, з якими стикаються міленіали. Воно також є наслідком "інтенсивного виховання" - гіперопіки і пристрасного бажання батьків дати своїй дитині найкращу освіту і найкращі можливості. Це згодом перетворюється на тягар завищених очікувань і постійного невдоволення своїми досягненнями.

Вигорання міленіалів має багато спільного зі звичайним професійним вигоранням. Це реакція на тривалий стрес, яка супроводжується емоційним виснаженням, скептичним ставленням до всього або відстороненістю та відчуттям неефективності. Шість основних чинників, які сприяють вигоранню на роботі, це велике навантаження, обмежений контроль, монотонність і безрезультатність роботи, несправедливі вимоги, конфлікт роботи з цінностями людини і відсутність спільноти на робочому місці.

Люди, яким доводиться перебувати в складному, суперечливому, а іноді й ворожому середовищі, найбільше схильні до вигорання. Всі ці чинники можуть негативно впливати на кожного, але молоде покоління, вочевидь, відчуває їх більш інтенсивно і непередбачувано. Відомо, наприклад, що вигоранню

сприяє порівняння себе з іншими. Але у міленіалів цю проблему в рази посилює спілкування в соцмережах. Навіть якщо ви не зловживаєте соціальними медіа, технології та інтернет фізично та емоційно виснажують людину.

Переживаючи емоційне виснаження, міленіали більш схильні відчувати невдоволеність і бажати залишити роботу, ніж бєбі-бумери. Вигорання міленіалів, як і звичайне вигорання, великою мірою спирається на перфекціонізм. Перфекціонізм - ще одна причина вигорання ерфекціоністи, насамперед схильні до самокритики, зазнають більшого ризику вигорання. Щоби подолати невдачі, такий самокритичний перфекціоніст працює все більше і більше, просто заганняючи себе в глухий кут.

Втім, поширеність проблеми з вигоранням міленіалів, передусім ще свідчить і про те, що робота та професійні вимоги стають дедалі складнішими і жорсткішими. Вигорання стає притаманним багатьом професіям, зокрема, в галузі догляду за хворими. І воно дуже поширене серед міленіалів. Таким чином, рішення проблеми полягає не в навчанні людей стійкості та витривалості, а в спрощенні складної і суперечливої роботи та покращенні несприятливого професійного та особистого середовища.

UNIT 8. MEDITATION



LEAD-IN

1. Work in groups and discuss the following questions:

1. Have you heard of meditation before? What is it?
2. Have you tried to meditate? Do you know anyone who meditates?
3. Why and how, do you think, does meditation work?
4. What benefits, do you think, does meditation have?

PRE-READING

2. Match the type of meditation with its description.

- | | |
|--------------------------------|---|
| 1. Loving-kindness meditation | a) The goal is to remain aware and present in the moment |
| 2. Progressive relaxation | b) The goal is to rise above the person's current state of being. |
| 3. Mindfulness meditation | c) The goal is to cultivate an attitude of love and kindness toward everything, even a person's enemies and sources of stress |
| 4. Breath awareness meditation | d) The goal is to notice tension |

5. Transcendental Meditation
- e) The goal is to focus only on breathing and to ignore other thoughts that enter the mind.

3. Before reading the text, get ready to clarify the meaning and check on the pronunciation of the following words and phrases:

- placebo
- hypnosis
- anxiety
- magnetic resonance imaging (MRI)
- prefrontal
- cortices
- cortex
- thalamus

READING

4. Read the text about the benefits of meditation. Complete the assignments that follow.

Mindfulness meditation reduces pain

www.medicalnewstoday.com

Mindfulness meditation can bring greater pain relief than a placebo, according to research published in the Journal of Neuroscience. The findings, by scientists at Wake Forest Baptist Medical Center in Winston-Salem, NC, are the first to show that patterns of brain activity produced by mindfulness meditation differ from those produced by a placebo cream. Contemplatives have long reported the benefits of mindfulness meditation on pain, and brain imaging technology has revealed more about the mechanisms involved. Whether the benefits stem from religious practices or mindfulness itself has remained unclear. Meditation-related pain reduction is now a rapidly emerging field but more specific experimental evidence has been needed to advance it.

Lead author Fadel Zaidan, PhD, and colleagues have previously noted the effect of expectation, distraction, attention, beliefs, placebo, hypnosis, stress, anxiety, mood and emotional state on pain. Enhanced cognitive and emotional control has been shown to help decrease pain; mindfulness could play a role.

What is mindfulness?

Mindfulness has been defined as:

- Regulated, sustained attention to the moment-to-moment quality and character of sensory, emotional and cognitive events;
- Recognition of such events as momentary, fleeting and changeable;
- A consequent lack of emotional or cognitive appraisal and/or reactions to these events.

Humans automatically tend to perceive momentary experience as lasting; by reframing this perception, mindfulness can help reduce discomfort. Different meditative practices can be termed "mindfulness," but two broad categories encompass them: focused attention (FA) and open monitoring (OM).

FA is associated with maintaining focus on a specific object, say, flow of the breath or an external object. OM involves a non-directed acknowledgment of any sensory, emotional or cognitive event that arises in the mind, as in Zen meditation.

Mindfulness and health

Mindfulness meditation has been found to improve a range of cognitive and health outcomes, including anxiety, depression and stress. It is associated with enhanced cognitive control, emotion regulation, positive mood and acceptance, each of which has been linked with pain modulation.

The current study takes a step toward isolating the 'active ingredients' of meditation, using pain ratings and brain imaging to determine whether mindfulness meditation is merely a placebo effect. Seventy-five healthy, pain-free participants were randomly assigned to one of four groups: mindfulness meditation, placebo

meditation (relaxation), placebo analgesic cream (petroleum jelly) or control. Pain was induced by using a thermal probe to heat a small area of the skin to 120.2 degrees Fahrenheit (49 degrees Centigrade) - a level of heat most people find very painful.

Greatest pain reduction in mindfulness group

Study participants then rated pain intensity (physical sensation) and pain unpleasantness (emotional response). The participants' brains were scanned with arterial spin labelling magnetic resonance imaging (ASL MRI) before and after their respective 4-day group interventions.

In the mindfulness meditation group, pain intensity fell by 27% and the emotional aspect of pain fell by 44%. The placebo cream reduced the sensation of pain by 11% and emotional aspect by 13%. Brain scans showed that mindfulness meditation produced very different patterns of activity than those produced by placebo to reduce pain. In placebo meditation, a 9% decrease in pain rating and 24% in pain unpleasantness was noted, possibly due to a relaxation effect associated with slower breathing.

Which part of the brain is affected?

Previous data have indicated that, like other cognitive factors that modulate pain, prefrontal and cingulate cortices are intimately involved in the modulation of pain by mindfulness meditation.

In this study, mindfulness meditation reduced pain by activating the orbitofrontal and anterior cingulate cortex brain regions, associated with the self-control of pain; while the placebo cream lowered pain by reducing brain activity in the secondary somatosensory cortex, or pain-processing areas. The thalamus was deactivated during mindfulness meditation but activated during all other conditions. The thalamus serves as a gateway that determines if sensory information is allowed to reach higher brain centres. By deactivating this area, mindfulness meditation may have caused signals about pain to simply fade away, the team suggests.

While the team expected some overlap in brain regions between meditation and placebo, they were surprised to find new and objective evidence of the unique way in which mindfulness meditation reduces pain. Zeidan adds: "Based on our findings, we believe that as little as four 20-minute daily sessions of mindfulness meditation could enhance pain treatment in a clinical setting." He cautions that since the participants were healthy, pain-free volunteers, findings cannot yet be generalized to chronic pain patients.

In previous studies on the effect of mindfulness training, 3 days of training for 20 minutes a day significantly reduced ratings of pain compared with distraction activities and relaxation. Is it time for mindfulness training to become a treatment option for acute and chronic pain?

VOCABULARY

5. Find in the text and translate the following words and collocations. Use them in the context of your own:

- | | |
|---|---------------------------------------|
| <input type="radio"/> contemplatives | <input type="radio"/> health outcome |
| <input type="radio"/> to stem from | <input type="radio"/> pain modulation |
| <input type="radio"/> emerging field | <input type="radio"/> intervention |
| <input type="radio"/> momentary | <input type="radio"/> a gateway |
| <input type="radio"/> fleeting | <input type="radio"/> to fade away |
| <input type="radio"/> cognitive appraisal | <input type="radio"/> to overlap |
| <input type="radio"/> to reframe | <input type="radio"/> acute pain |
| <input type="radio"/> to encompass | <input type="radio"/> chronic pain |

6. Get ready to clarify the difference between the words *pain*, *ache*, *hurt* and *sore*. Study collocations with these words:

- | | |
|---------------------------------------|---|
| <input type="radio"/> dull ache | <input type="radio"/> achy |
| <input type="radio"/> persistent ache | <input type="radio"/> intense pain |
| <input type="radio"/> ache on and off | <input type="radio"/> a dart of pain |
| <input type="radio"/> aches and pains | <input type="radio"/> cry out with pain |

- nagging pain
- labour pains
- the pain goes away
- hurt like hell
- deeply/badly/seriously hurt
- feel hurt
- hurt yourself
- soreness
- sore from
- cold sore
- sore spot

READING COMPREHENSION

7. Work in groups and answer the following questions:

1. What are the benefits of mindfulness meditation?
2. What is mindfulness?
3. How does mindfulness meditation influence a person in pain?
4. What study on meditation and pain has been conducted? What are the results?
5. How does meditation affect the brain? What parts of the brain are influenced the most?
6. Would you like to try meditation when you are in pain? Do you think it will help?

VIDEO

- 8. You are going to watch a video from Ted talk about the beauty of the nature (https://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude#t-549623). While watching, think of yourself and try to answer the question honestly: How often do you pay attention to the nature and the things that surround you?**

Nature's beauty can be fleeting -- but not through Louie Schwartzberg's lens. Louie Schwartzberg is a cinematographer, director and producer who captures breathtaking images that celebrate life — revealing connections, universal rhythms, patterns and beauty. His stunning time-lapse photography, accompanied by

powerful words from Benedictine monk Brother David Steindl-Rast, serves as a meditation on being grateful for every day.

9. Before watching, get ready to clarify the meaning of the following words and phrases:

- time-lapse photography
- immerse
- seduction
- octave
- vibration
- cultivate
- a glimpse into
- an array of colours
- to flow through
- to turn a faucet
- to overflow

10. Decide whether the following statements are true (T) or false (F).

1. The speaker did not have money but he had time and sense of wonder.
2. It took the speaker a week to shoot a four-minute film.
3. The speaker has been shooting for over 30 years and he has got tired of it.
4. 80 % of information we receive comes through our eyes.
5. The speaker is working on the project called Happiness Revealed.
6. Gratefulness won't help you to spend this day very well.
7. Civilisation gives us incredible gifts.

11. Answer the following questions.

1. What is the meaning of phrase "Oh my God!"?
2. Why is gratefulness important? What should we be grateful for?
3. What is the child's perception of the world?
4. What is the elderly man perception of the world?

5. Do you agree with the ideas of these people? How often do you pay attention to such trivial things? Do you think it is important?

12. You are going to listen to a talk about the importance of praise (https://www.ted.com/talks/laura_trice_suggests_we_all_say_thank_you#t-150459). Do you agree with the speaker's ideas? Is it really important to thank and praise someone? Share your ideas.

In this deceptively simple 3-minute talk, Dr. Laura Trice muses on the power of the magic words "thank you" -- to deepen a friendship, to repair a bond, to make sure another person knows what they mean to you. Try it.

FOLLOW-UP DISCUSSION

13. Comment on the following quotations:

- ✓ *Quiet the mind, and the soul will speak.* **Ma Jaya Sati Bhagavati**
- ✓ *Meditation is a vital way to purify and quiet the mind, thus rejuvenating the body.* **Deepak Chopra**
- ✓ *Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.* **Melody Beattie**
- ✓ *As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.* **John F. Kennedy**
- ✓ *Live a life full of humility, gratitude, intellectual curiosity, and never stop learning.* **Gza**

PRESENTATION

14. Choose any type of meditation and prepare to speak about it.

15. Write an essay on the following topic: *Gratitude can change your life.*

TRANSLATION

16. Translate the following text.

Жити тут і зараз: уміння японців, яке наслідує весь світ

Усвідомлений спосіб життя в останні роки став популярним трендом в усьому світі, але в Японії, звідки ця практика походить, він є невід'ємною частиною культури вже багато сторіч.

Коли блискучий "сінкансен" - японський швидкісний потяг - беззвучно в'їжджає на станцію, я стаю свідком дивного ритуалу. З останнього вагону виходить провідник, який має блискавично перевірити стан потягу під час короткої зупинки. Він виконує стандартну процедуру, інтенсивно жестикулюючи і проговорюючи вголос кожну свою дію. Навіщо він це робить? Це і є усвідомлений спосіб життя? Не зовсім - насправді це прийом техніки безпеки, яким користуються японські працівники залізниці вже понад сторіччя. Метод "сіса канко" (буквально "вказуй і називай") допомагає запобігти помилкам через неухважність. Провідник вказує на деталь потягу, яку він має перевірити, а потім називає її вголос. Це схоже на діалог із самим собою, мета якого - нічого не забути.

Дослідження, яке 1994 року провів Науково-технічний інститут японської залізниці і результати якого оприлюднили в Japan Times, показало, що виконуючи прості завдання робітники зазвичай припускаються 2,38 помилки на 100 дій. При застосуванні техніки "вказуй і називай", кількість помилок скорочується до 0,38 - тобто на цілих 85%.

Але як це пов'язано з філософією усвідомленості, яку зазвичай вважають тим самим, що й медитація, сидячи на подушці зі схрещеними ногами? Як пояснює Джон Кабат-Дзінн, почесний професор медицини з Массачусетського Університету,

"усвідомленість - це не просто сидіння в позі лотоса, вдаючи, що ви статуя Британського музею. Це - відчуття моменту тут і зараз". У 1979 році професор Кабат-Дзінн заснував відому тепер на весь світ Клініку зниження стресу методом усвідомленого життя (Mindfulness-Based Stress Reduction Clinic). Це життя теперішнім моментом є глибоко вкоріненою в японську культуру практикою. Про неї не говорять, але вона виявляється практично на кожному кроці в житті японців.

Гостре відчуття моменту лежить в основі багатьох японських традицій, як-от чайної церемонії, поезій хайку та спостереження за цвітінням сакури. Учасники чайної церемонії, перш ніж почати насолоджуватися напоєм, повинні уважно і неквапливо роздивитися візерунки на чашках та інтер'єр кімнати, яку зазвичай декорують листям та квітами цього місяця. Проте найважливішим моментом церемонії є усвідомлення, що ця мить поруч із цією людиною в цьому місці вже ніколи не повториться.

"Швидкоплинність лежить в основі японського відчуття прекрасного", - каже дзен-буддист і ландшафтний дизайнер Шунмьо Масуно. Японці відзначають швидкоплинність буття й багатьма менш відомими звичаями, наприклад, спогляданням місяця. Складно не захоплюватися народом, який кожного вересня присвячує цілий вечір спостереженню за повнею.

Тож як зробити своє життя більш усвідомленим? Почніть із простого прийому "вказуй і називай", який можна застосувати вранці, коли ви йдете з дому. Вимкнути світло? Є. Перевірити вікна? Є. Гроші? Так. Телефон? На місці. Ключі ви вже, напевно, ніколи не забудете. А потім, можливо, у вас з'явиться хвилинка, щоби зупинитися й роздивитися мох.

UNIT 9. SLEEP



LEAD-IN

1. Work in groups and discuss the following questions:

1. Do you have any sleeping problems? If you do, what do you do to fall asleep?
2. What advice can you give on how to get a good night sleep?
3. How much sleep do we need? Does it depend on the age?
4. Do you have dreams? Do you believe that dreams may mean something? Can you describe a dream that came true?

PRE-READING

2. Before reading the text, try to guess the meaning of the following words and collocations

to snooze
sleep pattern
sleep apnea
insomnia
snoring

interrupted breathing
sleep deprivation
to get sleepy
to get less sleep
sleepiness

- 3. Read the article about sleep and its effect on our body. Complete the assignments that follow.**

11 Surprising Health Benefits of Sleep

www.health.com

Go ahead, snooze! Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more. "Sleep used to be kind of ignored, like parking our car in a garage and picking it up in the morning," says David Rapoport, MD, director of the NYU Sleep Disorders Program. Not anymore. Here are some health benefits researchers have discovered about a good night's sleep.

- 1. Improve memory.** Your mind is surprisingly busy while you snooze. During sleep you can strengthen memories or "practice" skills learned while you were awake (it is a process called consolidation). In other words if you're trying to learn something new whether it's Spanish or a new tennis swing you'll perform better after sleeping.
- 2. Live longer.** Too much or too little sleep is associated with a shorter lifespan although it is not clear if it is a cause or effect. (Illnesses may affect sleep patterns too.) In a 2010 study of women ages 50 to 79, more deaths occurred in women who got less than five hours or more than six and a half hours of sleep per night. Sleep also affects quality of life. "Many things that we take for granted are affected by sleep," says Raymonde Jean, MD. "If you sleep better, you can certainly live better. It's pretty clear."
- 3. Curb inflammation.** Inflammation is linked to heart disease, stroke, diabetes, arthritis, and premature aging. Research indicates that people who get less sleep six or fewer hours a night have higher blood levels of inflammatory proteins than those who get more. A 2010 study found that C-reactive protein, which is

associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night. People who have sleep apnoea or insomnia can have an improvement in blood pressure and inflammation with treatment of the sleep disorders.

- 4. Spur creativity.** Get a good night's sleep before getting out the easel and paintbrushes or the pen and paper. In addition to consolidating memories, or making them stronger, your brain appears to reorganize and restructure them, which may result in more creativity as well.
- 5. Be a winner.** If you're an athlete, there may be one simple way to improve your performance: sleep. A Stanford University study found that college football players who tried to sleep at least 10 hours a night for seven to eight weeks improved their average sprint time and had less daytime fatigue and more stamina.
- 6. Improve your grades.** Children between the ages of 10 and 16 who have sleep disordered breathing, which includes snoring, sleep apnea, and other types of interrupted breathing during sleep, are more likely to have problems with attention and learning, according to a 2010 study in the journal *Sleep*. This could lead to "significant functional impairment at school," the study authors wrote. In another study, college students who didn't get enough sleep had worse grades than those who did. "If you're trying to meet a deadline, you're willing to sacrifice sleep," Dr. Rapoport says, "but it's severe and reoccurring sleep deprivation that clearly impairs learning."
- 7. Sharpen attention.** A lack of sleep can result in ADHD-like symptoms in kids, Dr. Rapoport says. "Kids don't react the same way to sleep deprivation as adults do," he adds. Whereas adults get sleepy, kids tend to get hyperactive." A 2009 study in the journal *Pediatrics* found that children ages seven and eight who got less than about eight hours of sleep a night were more likely to be hyperactive, inattentive, and impulsive.
- 8. Have a healthy weight.** If you are thinking about going on a diet, you might want to plan an earlier bedtime too. Researchers at the University of Chicago found that dieters who were well rested lost

more fat—56% of their weight loss than those who were sleep deprived, who lost more muscle mass. (They shed similar amounts of total weight regardless of sleep.) Dieters in the study also felt more hungry when they got less sleep. "Sleep and metabolism are controlled by the same sectors of the brain," Dr. Rapoport says. "When you are sleepy, certain hormones go up in your blood, and those same hormones drive appetite."

- 9. Lower stress.** When it comes to our health, stress and sleep are nearly one and the same and both can affect cardiovascular health. "Sleep can definitely reduce levels of stress, and with that people can have better control of their blood pressure," Dr. Jean says. "It's also believed that sleep affects cholesterol levels, which play a significant role in heart disease."
- 10. Avoid accidents.** The National Highway Traffic Safety Administration reported in 2009 that being tired accounted for the highest number of fatal single-car run-off-the-road crashes due to the driver's performance even more than alcohol! "Sleepiness is grossly underrated as a problem by most people, but the cost to society is enormous," Dr. Rapoport says. "Sleeplessness affects reaction time and decision making." Insufficient sleep for just one night can be as detrimental to your driving ability as having an alcoholic drink.
- 11. Steer clear of depression.** Sleeping well means more to our overall well-being than simply avoiding irritability." A lack of sleep can contribute to depression," Dr. Jean says. "A good night's sleep can really help a moody person decrease their anxiety. You get more emotional stability with good sleep." If you think the long hours put in during the week are the cause of your anxiety or impatience, Dr. Rapoport warns that sleep cannot necessarily be made up during the weekend. "If you sleep more on the weekends, you simply aren't sleeping enough in the week," he says. "It's all about finding a balance."

**4. Find English equivalents of the words and collocations in the text.
Use them in the context of your own:**

- позбуватись
- круги під очима
- зміцнення
- приборкувати
- передчасний
- спонукати
- денна втома
- витривалість
- функціональне погіршення
- жертвувати сном
- значно недооцінений
- дратівливість

5. Work in groups and try to guess the meaning of the following words and collocations:

- to interpret dreams
- to dream up
- a vivid dream
- to dream away one's life
- daydream
- not/never in your wildest dreams
- to reverie
- to induce sleep
- to loose sleep over smth
- to sleep like a log
- to sleep on/over a question/problem
- to sleep rough
- to sleep tight
- to let sleeping dogs lie
- to oversleep
- to drift/drop off to sleep
- to kip
- to have/take a nap
- a catnap
- to doze
- to be out like a light
- not sleep a wink
- night owl
- lark/early riser

READING COMPREHENSION

6. Work in groups and discuss the following questions:

1. How can sleep improve our memory?
2. What sleep disorders are mentioned in the text?

3. Why is it often considered to be a good idea to have a sleep when you're ill?
4. How does your functional performance improve when you have a good sleep?
5. What is the connection between sleep and weight?
6. How does sleep influence our brain?
7. How much do you sleep? Do you have enough sleep? When do you go to bed and wake up?

VIDEO

7. You are going to watch an episode from the series House MD (<https://www.dailymotion.com/video/x4tues0>). Read the summary of an episode and try to guess what is going to happen.

A young woman swallows a bottle of sleeping pills - not to kill herself but to go to sleep, something she says she has not done in 10 days. Then her case deteriorates but her partner is in a perfect position to help her. Meanwhile, House keeps falling asleep because living with Wilson has disrupted his sleep pattern. Cameron's mad at Foreman for swiping her ideas for a medical-journal article, and at House for letting him do it.



8. Before watching, get ready to clarify the meaning of the following words and collocations:

- | | |
|--------------------------------------|--|
| <input type="radio"/> shut eye | <input type="radio"/> terminal cancer girl |
| <input type="radio"/> REM sleep | <input type="radio"/> sedatives |
| <input type="radio"/> cardiac arrest | <input type="radio"/> reboot the system |

- tox-screen
- run the tests
- retina
- optic nerve
- tumour
- seizure disorder
- bleeding
- to sedate a patient
- transfusing
- poison ivy
- hemorrhage
- large intestine
- upper airway biopsy
- a blood clot
- a stroke
- flabbergasted
- rabies
- malaise
- cirrhosis
- lapse into a coma
- mushroom spores
- liver failure
- transplant
- diagnostic procedures
- ovarian cancer
- organ rejection
- plague
- relapsing fever
- rodent

9. Watch the episode and fill in the gaps as you watch it.

1. Cuddy: You've seen one patient in the last two hours.

House: Complicated case. I'm a _____ - Wilson's an _____ . We're different species.

Cuddy: Move him into his own cage.

House: Who'll clean the droppings from mine?

Cuddy: Twenty-five year old female with _____ .

2. House: Got a case. It can wait, you two finish. Five bucks says someone loses an eye.

House: Fine. You're only putting off the _____. Twenty five year old female, hasn't slept for _____ .

Cameron: I assume the ER tried giving her some sedatives, we should up the dosage.

Foreman: _____ isn't the same as sleep.

Cameron: Thanks for your insight. For someone who hasn't slept in ten days, sedation is a great start.

Foreman: _____. Reboots the system, restores the brain, sedatives don't---

Cameron: The brain is being stressed, we_____.

3. House: If you two guys can't play nice together, I'm taking away your toys. I don't care _____.

Cameron: If YOU hadn't---

House: I especially don't care if it's my fault. Whatever this woman has, it's not showing up on our tests, which means she's sick... just_____.

Chase: You want us to make her sicker?

House: Yes. I want to stress her body._____.

Keep her awake.

Cameron: But probably even with the few minutes of sleep she does have, its_____.

Foreman: House, those few seconds of sleep are maybe the only reason _____.

House: _____we can force out of her, the more tests we can do, the more tests we do, the more information we get, the quicker we_____. See how much more fun it is when you guys get along? You two, take the first four hours.

4. Cameron: Extreme stress can cause _____, which can cause _____.

Foreman: Wouldn't keep her awake for ten days.

House: What if the poison ivy wasn't poison ivy. She got _____that was diagnosed as poison ivy around the same time_____. Rash plus nosebleed, plus _____equals Wegener's Granulomatosis. Start corticosteroid treatment.

Foreman: The poison ivy treatment was _____.

House: Much lower dosage. Get her back on the juice, _____ . Get a cianga, and an upper airway biopsy _____.

5. House: Judging by the redness around your mom's _____ and the tissue she's got conveniently stashed in her wristband, I'd say her problem is more likely a _____.

Daughter: URI?

House: _____. A cold.

Daughter: I don't think so...

House: I also think she's got a problem with SAC.

Daughter: SAC?

House: Thanks for playing. _____. If you want the pill, all you have to do is walk into any health clinic in Jersey alone and ask for it.

House: What exactly was your plan? You were going to exchange _____ for some over the counter decongestants in the hopes that your mom's cold lasts another six years?

Daughter: No.

Daughter: That for a cold?

House: No. That's for your _____. I assume you haven't had _____, have you ever had a _____?

6. House: Sleeping pills. God knows why she'd want them. What else can cause _____?

Cameron: Drugs or alcohol can mess with the sleeping, and compromise the liver.

House: What are you doing here? Who's keeping her awake?

Foreman: Doesn't matter. _____ are through the sky. The liver's not compromised, _____. She doesn't need a diagnosis, she needs a new liver.

House: She's not getting a new liver unless we can _____.

Foreman: _____, twelve hours. _____, eight, she's not going to last another six.

7. House: Need a little help.

Cuddy: _____ on a patient's scrotum you need me to look at?

House: 27 year old female wants _____ to her dying girlfriend.

Cuddy: That's very generous. This _____? What's she got?

House: _____.

Cuddy: I suppose I should have figured that out when you said she needed a new liver.

Cuddy: You don't have a diagnosis.

House: _____ time.

8. House: _____, and call the CDC.

Chase: And tell them what?

House: That we have a patient with _____.

Chase: The... black plague?

House: Looks that way.

Cameron: The plague is carried by _____.

House: Where there's dogs, there's _____. If they hail from the southwest, then those fleas can't tell the difference between prairie dogs and _____. A small percentage of plague cases present with _____.

VIDEO COMPREHENSION

10. Answer the following questions.

1. What symptoms did Hannah have when she was admitted to the hospital?
2. Who supported Hannah during her stay in the hospital? What were their relationships?
3. What happened between Cameron and Foreman? Why were they quarrelling? Who do you think is right in this situation?
4. What was the ethical problem House told Cuddy about? How Hannah should have acted? Was she right? Why? Why not?
5. What was Hannah's diagnosis? Were you surprised to hear it?

6. What are House's methods of diagnostics? What do you think of them?
7. What is House's attitude to patients? Do you think a doctor should be heartless or sympathising?
8. What is your attitude to House and to the members of his team?

PRESENTATION

11. Choose any sleep disorder and prepare a presentation about it.

WRITING

12. Write an essay commenting on the proverb: *An early bird catches a worm*

TRANSLATION

13. Translate the following article paying attention to the vocabulary.

Чому довгий сон у вихідні не компенсує брак сну протягом тижня

Якщо ви думаєте, що у вихідні зможете відіспатись за весь тиждень, можете навіть не сподіватися. Довгий сон у вихідні не компенсує брак сну в інші дні тижня. Такого висновку дійшли дослідники Колорадського університету в Боулдері.

Вчені розділили волонтерів, які не мали проблем зі здоров'ям, на дві групи і не дозволяли їм спати понад п'ять годин на добу. Одній групі не давали спати понад п'ять годин протягом всього експерименту, а іншим дозволяли досипати у вихідні. У ході експерименту учасники обох груп стали частіше їсти вночі, набрали вагу, і у них було помічено погіршення процесів метаболізму. "Ми не виявили ніяких позитивних змін в метаболізмі тих, кому дозволяли спати у вихідні", - говорить керівник дослідницької групи Кріс Депнер.

Учені давно встановили, що нестача сну підвищує ризик для здоров'я, може призвести до ожиріння та діабету 2-го типу, оскільки у людей, позбавлених достатнього часу на сон, підвищується пристрасть до перекусу ночами, знижується чутливість до інсуліну або ж здатність організму регулювати рівень цукру в крові.

Дослідники Колорадського університету намагалися зрозуміти, як організм людини реагує на нестачу сну під час робочого тижня і на надлишок сну у вихідні.

Вони відібрали 36 добровольців віком від 18 до 39 років. У всіх був чудовий стан здоров'я. Волонтери провели два тижні в стінах лабораторії, де вчені спостерігали, скільки саме їжі вони споживають, як довго сплять і наскільки часто бачать денне світло.

Учасників експерименту розділили на три групи:

- Першим не дозволяли спати понад п'ять годин на добу протягом дев'яти днів
- Другим не дозволяли спати понад п'ять годин на добу лише в робочі дні, але вони могли спати скільки завгодно в вихідні
- Третім (контрольній групі) дозволяли спати по дев'ять годин усі дев'ять днів

Згідно з результатами дослідження, опублікованими в журналі *Current Biology*, учасники обох груп, яким обмежували час на сон, набрали вагу (в середньому один кілограм) і у них знизилася чутливість до інсуліну. Ті, кому дозволяли досипати в вихідні, трохи відновлювалися, але негативні наслідки для здоров'я поверталися, як тільки їм знову забороняли спати понад п'ять годин. Ба більше, за деякими параметрами здоров'я членів групи, яким дозволяли спати у вихідні скільки завгодно, постраждало більше, ніж в інших. Так, серед тих, кому не можна було спати понад п'ять годин, чутливість до інсуліну знизилася на 13%, а серед тих, хто міг висипатися у вихідні - зниження склало від 9% до 27%. До того ж, багатьом з тих, кому дозволяли спати скільки завгодно на вихідних, не вдалося це зробити. У результаті, хоча у вихідні їм дозволялося висипатися, вони спали лише на 66 хвилин довше, ніж в робочі дні.

Постійний графік сну

Хоча експерти зазначають, що негативний вплив на здоров'я учасників експерименту був незначним, вони вказують на ризик більш серйозного негативного впливу на здоров'я після місяців та років браку сну. За їхніми словами, важливо не тільки уникати недосипання, але й дотримуватися постійного графіка сну.

Проте вчені вказують, що результати експерименту не означають, що намагання виспатися у вихідні для тих, хто страждає від нестачі сну в робочі дні, шкідливо. Американські дослідники вивчали лише вплив сну на процеси метаболізму, а не на психічне здоров'я або когнітивну здатність людей, що брали участь в експерименті.

Малколм фон Шанц, професор хронобіології університету Суррея, каже, що "слід закликати людей дотримуватися регулярного графіка сну, але ми не маємо говорити тим, хто з якихось причин не може цього робити, що не варто досипати в вихідні".

UNIT 10. POSITIVE PSYCHOLOGY



LEAD-IN

1. Comment on the following quotations:

- ✓ *It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it. **Dale Carnegie***
- ✓ *Many people lose the small joys in the hope for the big happiness. **Pearl S. Buck***
- ✓ *Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough. **Oprah Winfrey***
- ✓ *Happiness is not a goal...it's a by-product of a life well lived. **Eleanor Roosevelt***
- ✓ *He who is not contented with what he has, would not be contented with what he would like to have. **Socrates***
- ✓ *A man is happy so long as he chooses to be happy. **Aleksandr Solzhenitsyn***

2. Before reading a text, try to guess the meaning of the following words and collocations.

strength

weakness

gratitude

resilience

compassion

inject optimism

material possessions

outward emotion

meaningfulness

to give yourself a boost

READING

3. Read the article about positive psychology and complete the assignments that follow.

What is Positive Psychology & Why is It Important?

positivepsychologyprogram.com

If you have been hearing the term “positive psychology” thrown around a lot, but you’re not quite sure what it is, you’ve come to the right place! There are some common misconceptions about positive psychology, both about what it is and what it is not. To clear up some of these misunderstandings and provide a brief but comprehensive overview of the field, we have put together this piece focused on defining and describing the positive psychology movement.

What is Positive Psychology: A Definition

Positive psychology has been described in many ways and with many words, but the commonly accepted definition of the field is this: “Positive psychology is the scientific study of what makes life most worth living.” To push this brief description a bit further, positive psychology is a scientific approach to studying human thoughts, feelings, and behavior with a focus on strengths instead of weakness, building the good in life instead of repairing the bad, and

taking the lives of average people up to “great” instead of focusing solely on moving those who are struggling up to “normal”

What Positive Psychology Focuses on, in a Nutshell

Positive psychology focuses on the positive events and influences in life, including:

1. Positive experiences (like happiness, joy, inspiration, and love)
2. Positive states and traits (like gratitude, resilience, and compassion)
3. Positive institutions (applying positive principles within entire organizations and institutions)

As a field, positive psychology spends much of its time thinking about topics like character strengths, optimism, life satisfaction, happiness, well-being, gratitude, compassion (as well as self-compassion), self-esteem and self-confidence, hope, and elevation.

Benefits of Positive Psychology

It would be impossible to list all of the benefits of positive psychology but we will try to give a comprehensive overview of some of the most impactful and influential outcomes of practicing positive psychology. In general, the greatest potential benefit of positive psychology is that:

- 1. It teaches us the power of shifting one’s perspective.** This is the focus of many techniques, exercises, and even entire programs based on positive psychology, because a relatively small change in one’s perspective can lead to astounding shifts in well-being and quality of life. Injecting a bit more optimism and gratitude into your life is a simple action that can give you a radically more positive outlook on life.
- 2. People overestimate the impact of money on their happiness by quite a lot.** It does have some influence, but not nearly as much as we might think, so focusing less on attaining wealth will likely make you happier.
- 3. Spending money on experiences** provides a bigger boost to happiness than spending money on material possessions.

- 4. Gratitude is a big contributor to happiness in life**, suggesting that the more we cultivate gratitude, the happier we will be.
- 5. Oxytocin may provoke greater trust**, empathy, and morality in humans, meaning that giving hugs or other shows of physical affection may give you a big boost to your overall well-being.
- 6. Those who intentionally cultivate a positive mood** to match the outward emotion they need to display benefit by more genuinely experiencing the positive mood. In other words, “putting on a happy face” won’t necessarily make you feel happier, but putting in a little bit of effort likely will.
- 7. Happiness is contagious**; those with happy friends and significant others are more likely to be happy in the future.
- 8. People who perform acts of kindness** towards others not only get a boost in well-being, they are also more accepted by their peers.
- 9. Volunteering time to a cause you believe in** improves your well-being and life satisfaction and may even reduce symptoms of depression.
- 10. Spending money on other people** results in greater happiness for the giver.

However, do not assume that refusing to brook any encroachment of negative emotions or outlooks will help you reach success. An important finding from positive psychology research is that forcing people who are not naturally optimists to “just think positively” can do more harm than good; unrealistic optimism is detrimental, along with intense pessimism.

Another broad benefit of the positive psychology movement is a more well-defined idea of what “the good life” is. Renowned positive psychologist Roy F. Baumeister and colleagues took on the challenge of determining what makes a good life, and they found some interesting findings that you can apply to your own life. Their research showed that happiness and a sense of meaning in life do not necessarily go hand-in-hand, indicating that focusing on positive emotions alone will not bring the fulfilling and satisfying life you crave.

Some of their more specific findings included the following:

1. The satisfaction of one's wants and needs boost happiness, but have virtually no impact on meaningfulness; this indicates that focusing on obtaining what you want will increase your happiness, but you may have to supplement to get a deeper sense of meaning.

2. "Givers" experience more meaning, while "takers" experience more happiness; if you find yourself lacking in meaning, try giving back to others, but if you are lacking in happiness, try being accepting of others' generosity to give yourself a boost.

19. Worry, stress, and anxiety are more likely to be felt by those whose lives are high in meaningfulness and low in happiness; this indicates that you should not get too down about experiencing negative emotions if you have a strong sense of meaning—a little negative emotion can actually be a good thing!

Findings such as these have given rise to, and are driven by, a number of interesting theories that pepper the positive psychology literature.

VOCABULARY

4. Translate the following words and expressions. Use them in the context of your own.

- | | |
|---|--|
| <input type="radio"/> to throw around | <input type="radio"/> peers |
| <input type="radio"/> common misconceptions | <input type="radio"/> to brook |
| <input type="radio"/> elevation | <input type="radio"/> encroachment of |
| <input type="radio"/> impactful | <input type="radio"/> negative emotions |
| <input type="radio"/> astounding shifts | <input type="radio"/> renowned psychologist |
| <input type="radio"/> to cultivate | <input type="radio"/> to supplement |
| <input type="radio"/> to boost | <input type="radio"/> to pepper |
| <input type="radio"/> contagious | |

5. Try to guess the meaning of the following words and expressions, which are used to speak about emotions.

- | | |
|--------------------------------|--------------------------------|
| <input type="radio"/> ecstatic | <input type="radio"/> blissful |
| <input type="radio"/> jubilant | <input type="radio"/> in tears |

- not a happy bunny
- to be on top of the world
- to earn sb's gratitude
- lose your temper
- to be gutted
- to be gobsmacked
- to bottle up sb's emotions
- to wear your heart on your sleeve
- to pour smth out
- innermost thoughts
- my heart told me
- my heart wasn't in it
- suppress your feelings
- pent-up emotions

READING COMPREHENSION

6. Work in groups and discuss the following questions:

1. What is the definition of positive psychology?
2. What are the benefits of positive psychology? What fields of person's life does it influence?
3. What is the attitude of positive psychologists to money?
4. Does practicing positive psychology mean ignoring negative emotions?
5. What is mindfulness? What is its role in positive psychology?
6. What is your attitude to positive psychology? Do you agree with its fundamental ideas?

VIDEO

7. You are going to watch a Ted Talk with Janine Shepherd where she tells us how she overcame the results of an injury she'd got (https://www.ted.com/talks/janine_shepherd_a_broken_body_isn_t_a_broken_person#t-1106313). Listen to the speaker and complete the tasks that follow.

Aspiring Olympic skier Janine Shepherd was nearly killed when she was hit by a truck during a training bike ride. Paralysed and immobile for six months, she was given a grim picture for recovery. But not only did she teach herself to walk again— she learned to fly.

8. Before watching, try to guess the meaning of the following words and phrases:

- bliss
- pump my legs
- my body was consumed by pain
- utility truck
- spinal unit
- life-threatening injuries
- collarbone
- ripped open
- cut open
- blood loss
- to be at a crossroads
- stable fracture
- vertebra
- spinal cord
- stitch me up
- intensive care
- partial paraplegic
- catheter
- calipers
- walking frame
- acute spinal
- drips
- plaster cast
- tarmac
- taxiing
- runway
- twin-engine / instrument / instructor rating
- fly upside down
- shed our focus

9. Decide whether the following statements are true (T) or false (F).

1. Janine was a cross-country skier and member of the Australian ski team.
2. She had been hit by a speeding van.
3. Although she had extensive life-threatening injuries she didn't have any internal injuries
4. The doctors had been struggling for over 10 days for her life.
5. After the surgery she was still paralysed from the waist down
6. After intensive care she was moved to a normal ward where all people around were able to walk.
7. She spent in the spinal ward six months and was ready to go home.
8. She didn't get depressed as nurse Sam had said.

9. Once she realized that could neither walk nor fly.
10. Enrolment to a flying school changed her life drastically.

10. Work in groups and discuss the following questions.

1. What accident changed Janine's life? How did it happen?
2. What injuries did she have? What was her survival prognosis?
3. Why is the story with plastic straws important? What was the key moment?
4. What was Janine doing when she discharged from hospital? Did her relatives support her?
5. How did she start learning to fly? What was her progress?
6. What is she doing now and why does she think that the accident is bliss?
7. Does her story inspire you? Do you know any other people who survived in difficult situations?

PRESENTATION

- 11. Choose any person who promotes positive psychology ideas (Dalai Lama, Nick Vujicic and others) and be ready to speak about them.**

WRITING

- 12. Write an essay on the following topic: *Laughter is the best medicine***

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