**Задание**

**ПО АНГЛИЙСКОМУ ЯЗЫКУ 31 ФК, 6 семестр**

**Грамматика для самостоятельного изучения:**

* Модальные глаголы
* Косвенная речь
* Условные предложения
* Сложное предложение
  1. **GRAMMAR**

**Выполнить следующие грамматические упражнения:**

**Modal Verbs**

***Supply the modal verbs can, could, to be able to, or managed to.***

1) A good 1500-metre runner ... run the race in under four minutes.

2) Bill is so unfit he ... run at all!

3) Our baby is only nine months and he ... stand up.

4) When I was younger, I ... speak Italian much better than I... now.

5) ... she speak German well? - No, she ... speak German at all.

6) He ... draw or paint at all when he was a boy, bat now he is a famous artist.

7) After weeks of training, I ... swim a length of the baths underwater.

8) It took a long time, but in the end Tony ... save enough to buy his car.

9) Did you buy any fresh fish in the market?- No, I ... get any.

10) For days the rescuers looked for the lost climbers in the snow. On the forth day they saw them and ... reach them without too much trouble.

**Reported Speech**

***Восстановите прямую речь в следу­ющих предложениях.***

1. I asked if they had taken the sick man to hospital. 2. I asked my friend if he had a head­ache. 3. I wanted to know when he had fallen ill. 4. I wondered if he had taken his temperature. 5. I asked him if the doctor had given him some medi­cine. I asked him if he was feeling better now. 6. I asked the man how long he had been in St. Peters­burg. 7. I asked him if he was going to a health-resort. 8. We asked the girl if her father was still in Moscow. 9. I asked the girl what sort of work her father did.

***Передайте следующие предложения в косвенной речи.***

1. Father said to Jane: "Show me your exercise-book." 2. "What are you doing here, boys?" said Kate. 3. "Don't make noise," said Tom's mother to him. 4. Helen said to Pete: "Did you play chess with your father yesterday?" 5. Kate said to her grandmother: "Help me to cook the soup, please." 6. Mike said to the teacher: "My sister knows two foreign languages." 7. "What have you prepared for today, children?" said the teacher. 8. Tom said to his sister: "I saw your friend at the library yes­terday." 9. The teacher said to the pupils: "Don't open your books." 10. Mother said to me: "You will go to the cinema tomorrow."

**Conditional Sentences**

***Match the two parts of the sentences.***

1) He wouldn't have become so strong;... a) ... I wouldn't be worried now.

2)They would have come... b) ... I would have gone to the library.

3) If they had been ready the day before... c) ... we wouldn't have come so early.

4) If I hadn't needed the book... d) ... unless he had done sports.

5) If they had had a city map... e) ... they wouldn't have been lost.

6) If you had warned us... f) ... if Jane had invited them.

7) He wouldn't know much... g) ... unless you had agreed with us.

8) We wouldn't have wasted so much time... h) ... unless he had read much.

9) If you had sent me a telegram... i) ... they would have taken their exam.

10) We had never done this ... j) if you have bought everything beforehand.

***Correct the errors, if necessary.***

11) If I knew her well I will visit her.

12) If I were you I would have visited Jane yesterday.

13) If I have a computer I would learn Computer Studies.

14) If the weather would be nice tomorrow we'll go on excursion.

15) You did not miss the plane if you had taken a taxi.

16) I wish you have a car.

17) I wish things were different in the past.

18) I wish the weather were warmer.

19) I wish I did not decide to work in New York.

20) I wish I did not go to bed early yesterday.

**II. HOME PEADING**

**Переведите текст, составив словарь незнакомых слов. Письменно переведите выделенный отрывок и ответьте на вопросы:**

**CAN VITAMINS HELP?**

For a long time, the only voices endorsing nutritional supplements belonged to the people who sold them. In the opposite camp stood the guardians of the nation's well-being, including the Surgeon General, the National Research Council, and the U.S. Department of Health and Human Services (HHS). Their position remains that a balanced diet provides all the nutrients needed for good health.

In recent years, however, some scientists have jumped ship. They point to mounting evidence that cer­tain vitamins and other nutrients may offer protection against cancer, cataracts, Parkinson's disease, and other disorders. They speculate that extra doses of those nutrients may slow the aging process. And, while few go so far as to make public recommendations, they freely admit that popping pills has become part of their own daily routine.

**The pills they take are antioxidants—for the most part, vitamin C, vitamin E, and beta-carotene, a sub­stance partially converted to vitamin A in the body. (Vitamin A itself does not have antioxidant activity.) Antioxidants are thought to be protective largely because they can inactivate free radicals, destructive molecules that can damage cells.**

**Those who take antioxidants to slow the aging process admit they're on somewhat shaky ground. "It1 s banking on an aging mechanism that hasn't been proven," says biologist David Harrison of The Jackson Laboratory in Bar Harbor, Maine. Nonetheless, like several scientists we contacted, he takes a supplement regimen that includes vitamins C and E, beta-carotene, and a multiple-vitamin tablet "I'm not sure it does any good, but I'm certainly not sure that it doesn't"**

**The case for antioxidants as an anti-aging remedy is still speculative. Attempts to use them to extend lifespan in animals have been largely unsuccessful. But several converging lines of evidence suggest antioxidants may help stave off diseases of aging.**

Free-radical damage has been implicated by some studies in diseases such as cancer, rheumatoid arthritis, cataracts, and cardiovascular disease. High levels of antioxidants—measured both in the diet and in the blood—have been associated with lower rates of these illnesses. "Whether we look at animal or cell culture studies, at population comparisons or intervention trials, we see the same relationship between antioxidants and protection from disease," says Dr. Jeffrey Blumberg, associate director of the U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University.

Moreover, he notes, it appears that the higher the antioxidant level, the lower the risk of disease, and vice-versa. In some studies of diet and cancer, for instance, people with the lowest intake of beta-carotene had up to seven times the lung-cancer risk of those with the highest intake. In other reports, people with the diets richest in vitamin C were at the lowest risk for cancer of the stomach, oral cavity, and esophagus. And in a large study of 16 European populations, there was a strong correlation between high blood levels of vitamin E and a lower risk of death from coronary disease.

The next step is to give volunteers antioxidants in experimental programs and see whether their rates of disease are lower than average. Many such trials, including a dozen sponsored by the National Cancer Institute, are now attempting to provide that link.

The Physicians Health Study, a major ongoing project administered by Harvard Medical School, recently turned up an unexpected, hopeful finding about beta-carotene and heart disease—a finding the researchers stumbled on while testing beta-carotene as a cancer preventive. The investigators gave beta-carotene to half of the 22,000 physicians in the study. After six years, the researchers found that in a subgroup of 333 men who had signs of coronary disease before entering the study, those receiving beta-carotene experienced half as many cardiovascular "events" such as heart attack and stroke. If s premature to conclude that beta-carotene protects the heart but the study offers a tantalizing lead for further testing.

In another promising intervention study, at Tufts University, healthy elderly individuals given vitamin E supplements showed significant improvements in immune function, which typically declines with age.

1. What evidence in favour of vitamins do scientists prove?
2. Why are antioxidants considered to be protective?
3. How does the colour of fruit and vegetables influence the vitamins they contain?
4. Has it been proved that antioxidants slow aging?
5. What have researchers found about vitamin supplements?