

**Внеаудиторная самостоятельная работа студентов по дисциплине
«Иностранный язык»**

25.02.05 «Управление движением воздушного транспорта»

1 курс 2 семестр

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Методические указания

Внеаудиторная самостоятельная работа выполняется *рукописно* в тетради для конспектов по дисциплине.

Индивидуальные задания выполняются в соответствии с расписанием занятий и сдаются в электронном виде на почту преподавателя.

Выполненные конспекты и задания должны быть сфотографированы и фотографии должны быть вставлены в документ Word. Работа должна иметь титульный лист с указанием фамилии, имени, отчества студента, группы, курса, специальности. В теме письма на эл. почту указывается номер задания и фамилия студента.

ДАННОЕ ЗАДАНИЕ РАСЧИТАНО НА 8 АУДИТОРНЫХ ЧАСОВ

1. Выберите из скобок герундий или инфинитив.

1. I am planning ... (to visit/visiting) my granny next week.
2. When they finish ... (to eat/eating) their lunch, they'll go to the office.
3. He suggested ... (to buy/buying) some food.
4. Does Sally enjoy ... (to go/going) to the gym?
5. Don't put off ... (to write/writing) a report till the end of the month.
6. John refused ... (to answer/answering) my question.
7. My brother intends ... (to get/getting) married soon.
8. I think she didn't mean ... (to hurt/hurting) you.
9. Keep ... (to beat/beating) the eggs.
10. Fred can't afford ... (to travel/travelling) this year.

11. We expect ... (to leave/leaving) tomorrow.
12. Mary decided ... (to fly/flying) to Venice.
13. The sportsmen hope ... (to get/getting) the best results.
14. Are you going to give up ... (to smoke/smoking)?
15. They don't want ... (to have/having) any more children.
16. I don't mind ... (to wash up/washing up).
17. Girls, stop ... (to giggle/giggling).
18. Ben likes ... (to play/playing) chess.
19. Lara goes ... (to dance/dancing) every weekend.
20. Harry can't stand ... (to work/working) on Saturdays.

2. Выберите инфинитив с частицей to или без нее.

1. We can ... (speak/to speak) Spanish.
2. He often makes me ... (feel/to feel) guilty.
3. You have ... (be/to be) friendly and polite.
4. She must ... (stay/to stay).
5. The lawyer will ... (call/to call) you later.
6. I'd like ... (send/to send) him a present.
7. You'd better ... (move/to move) faster.
8. We heard somebody ... (enter/to enter) the apartment.
9. Mother wants ... (paint/to paint) the walls in the kitchen.
10. We decided ... (sell/to sell) the car.
11. He always fails ... (keep/to keep) his word.
12. I am trying ... (lift/to lift) this heavy stone.
13. Let me ... (give/to give) you some advice.
14. It may ... (cost/to cost) too much.
15. She saw him ... (cross/to cross) the street.

3. Переведите на русский язык

- 1 . The buyers want to know our terms of payment.
- 2 . This is for you to decide.
- 3 . The plan of our work will be discussed at the meeting to be held on May 25.
- 4 . To walk in the garden was a pleasure.
- 5 . Jane remembered to have been told a lot about Mr. Smith.
- 6 . I felt him put his hand on my shoulder.
- 7 . This writer is said to have written a new novel.
- 8 . She seems to be having a good time at the seaside.
- 9 . They watched the boy cross the street.
- 10 . To advertise in magazines is very expensive.
- 11 . He proved to be one of the cleverest students at our Institute.
- 12 . He knew himself to be strong enough to take part in the expedition.
- 13 . To see is to believe.
- 14 . He is sure to enjoy himself at the disco.
- 15 . To tell you the truth, this company has a very stable position in the market.

4. Поставьте “to”, где это необходимо.

1. I think you ought ... apologize.
2. Make him ... speak louder.
3. Help me ... carry this bag.
4. My son asked me ... let him ... go to the theatre.
5. I must ... go to the country.
6. It cannot ... be done to-day.
7. She asked me ... read the letter carefully and ... write an answer.
8. The man told me not ... walk on the grass.
9. Let me ... help you with your work.
10. She ought ... take care of her health.
11. We had better ... stop to rest a little.
12. I don't know what ... do.
13. He was seen ... leave the house.
14. We have come ... ask whether there is anything we can ... do.
15. We heard the siren ... sound and saw the ship ... move.
16. I cannot ... go there now, I have some work ... do.
17. During the crossing the passengers felt the ship ... toss.
18. You must make him ... practice an hour a day.
19. He is not sure that it can ... be done, but he is willing ... try.
20. I looked for the book everywhere but could not ... find it.
21. He said that she might ... come in the evening.

22. She was made ... repeat the song.
23. Would you rather ... learn shorthand than typewriting?

5. Прочитайте и переведите текст (устно)

Healthy lifestyle: 5 keys to a longer life

Researchers from the Harvard T.H. Chan School of Public Health conducted a massive study of the impact of health habits on life expectancy, using data from the well-known Nurses' Health Study (NHS) and the Health Professionals Follow-up Study (HPFS). This means that they had data on a huge number of people over a very long period of time. The NHS included over 78,000 women and followed them from 1980 to 2014. The HPFS included over 40,000 men and followed them from 1986 to 2014. This is over 120,000 participants, 34 years of data for women, and 28 years of data for men.

The researchers looked at NHS and HPFS data on diet, physical activity, body weight, smoking, and alcohol consumption that had been collected from regularly administered, validated questionnaires.

What is a healthy lifestyle, exactly?

These five areas were chosen because prior studies have shown them to have a large impact on risk of premature death. Here is how these healthy habits were defined and measured:

1. Healthy diet, which was calculated and rated based on the reported intake of healthy foods like vegetables, fruits, nuts, whole grains, healthy fats, and omega-3 fatty acids, and unhealthy foods like red and processed meats, sugar-sweetened beverages, trans fat, and sodium.
2. Healthy physical activity level, which was measured as at least 30 minutes per day of moderate to vigorous activity daily.
3. Healthy body weight, defined as a normal body mass index (BMI), which is between 18.5 and 24.9.

4. Smoking, well, there is no healthy amount of smoking. “Healthy” here meant never having smoked.

5. Moderate alcohol intake, which was measured as between 5 and 15 grams per day for women, and 5 to 30 grams per day for men.

Researchers also looked at data on age, ethnicity, and medication use, as well as comparison data from the National Health and Nutrition Examination Surveys and the Centers for Disease Control and Prevention’s Wide-Ranging Online Data for Epidemiologic Research.

Does a healthy lifestyle make a difference?

As it turns out, healthy habits make a big difference. According to this analysis, people who met criteria for all five habits enjoyed significantly, impressively longer lives than those who had none: 14 years for women and 12 years for men (if they had these habits at age 50). People who had none of these habits were far more likely to die prematurely from cancer or cardiovascular disease.

Study investigators also calculated life expectancy by how many of these five healthy habits people had. Just one healthy habit (and it didn’t matter which one) ... just one... extended life expectancy by two years in men and women. Not surprisingly, the more healthy habits people had, the longer their lifespan.

Experts have suggested that the best way to help people make healthy diet and lifestyle change is at the large-scale, population level, through public health efforts and policy changes. (Kind of like motorcycle helmets and seat belt legislation...) We have made a little progress with tobacco and trans-fat legislation.

There’s a lot of pushback from big industry on that, of course. If we have guidelines and laws helping us to live healthier, big companies aren’t going to sell as much fast food, chips, and soda. And for companies hell-bent on making money at the cost of human life, well, that makes them very angry.

6. Выпишите из текста 15-20 незнакомых вам фраз и переведите их

7. Составьте краткий пересказ текста (10-15 предложений)