

**Конспект урока домашнего чтения по английскому языку для 11 класса  
с применением технологии «Кейс-стади»  
по УМК М.З.Биболевой «Enjoy English»  
(Unit 3 Section 5 “Medicine as a new technology”)**

**Дата проведения:** 18.01.2017 - 23.01.2017 г.

**Количество уроков по теме: 2**

**Тема: “Advantages and Disadvantages of Being a Vegetarian”**

**Цели урока:**

- Образовательные: совершенствование умений и навыков практического владения английским языком по всем видам речевой деятельности: аудированию, говорению, чтению и письму.
- Развивающие: развитие творческих способностей школьников, умения сравнивать, анализировать, обобщать, делать выводы.
- Воспитательные: формирование умения работать в команде, уважения к мнению другого человека; привитие интереса к изучению английского языка.

**Задачи:**

- развивать способности к анализу, синтезу, творческому и критическому мышлению при обсуждении темы и выражении собственного мнения;
- формировать умение извлекать информацию из разных источников, перерабатывать её и излагать в устной и письменной форме;
- понимать воспринимаемую на слух информацию и лексическое значение слов и уметь использовать их в высказываниях о диетах и заболеваниях.

**Ожидаемые учебные результаты**

(личностные, метапредметные, предметные)

личностные результаты:

- формирование способности выражать свое отношение к проблеме диетического питания;
- способствование развитию доброжелательности, сотрудничества со сверстниками и учителем, самостоятельности, самоопределения;
- воспитание культуры общения в группах.

метапредметные результаты:

(регулятивные УУД)

- формирование умения понимать и решать учебные задачи;
- формирование умения планировать, контролировать и оценивать свою деятельность и деятельность группы;

(познавательные УУД)

- формирование умения использовать различные способы поиска информации, ее анализировать, выделять главное;
- развитие познавательной инициативы (умение отвечать на вопросы, участвовать в учебном сотрудничестве);
- развитие умения адекватно, осознанно строить речевое высказывание в устной и письменной форме в соответствии с целью;

(коммуникативные УУД)

- формирование умения работать в группах, распределять роли и функции

совместной деятельности; выполнять свою часть работы и встраивать ее в общее рабочее поле, осуществлять взаимный контроль и взаимную помощь по ходу выполнения задания;

- формирование умения связно и полно выражать свои мысли.

**Тип урока:** Комбинированный.

**Формы работы обучающихся:** групповая, фронтальная, индивидуальная.

**Технологии, применяемые на уроке:** информационно-коммуникационные технологии, технология «кейс-стади»

**Оборудование:** мультимедийный проектор, экран, ноутбук, аудиозапись, колонки, раздаточный материал (кейсы), обязательный выход в Интернет.

### **Задание для групп А и В:**

1. Познакомиться с видами диет.  
[http://vegetarian.lovetoknow.com/Types\\_of\\_Vegetarians](http://vegetarian.lovetoknow.com/Types_of_Vegetarians)
2. Заполнить таблицу “Diets” («Диеты»).
3. Изучить влияние вегетарианства на здоровье человека.  
[http://vegetarian.lovetoknow.com/Disadvantages\\_of\\_Being\\_a\\_Vegetarian](http://vegetarian.lovetoknow.com/Disadvantages_of_Being_a_Vegetarian)  
[http://vegetarian.lovetoknow.com/Advantages\\_of\\_Vegetarianism](http://vegetarian.lovetoknow.com/Advantages_of_Vegetarianism)
4. Познакомиться со статистикой вегетарианства в США.  
<http://www.vrg.org/blog/2012/05/18/how-often-do-americans-eat-vegetarian-meals-and-how-many-adults-in-the-u-s-are-vegetarian/>
5. Сравнить преимущества и недостатки вегетарианства.  
[http://vegetarian.lovetoknow.com/Disadvantages\\_of\\_Being\\_a\\_Vegetarian](http://vegetarian.lovetoknow.com/Disadvantages_of_Being_a_Vegetarian)  
[http://vegetarian.lovetoknow.com/Advantages\\_of\\_Vegetarianism](http://vegetarian.lovetoknow.com/Advantages_of_Vegetarianism)
6. Поработать с технологией написания эссе по проблемам здоровья.  
<http://www.essayhowto.com/1337-health-essay.html>

### **Содержание кейса**

1. Таблица «Диеты» (**Приложение 1**)
2. Список вегетарианских диет. (**Приложение 2**)  
[http://vegetarian.lovetoknow.com/Types\\_of\\_Vegetarians](http://vegetarian.lovetoknow.com/Types_of_Vegetarians)
3. Преимущества и недостатки вегетарианства. (**Приложение 3**)  
[http://vegetarian.lovetoknow.com/Disadvantages\\_of\\_Being\\_a\\_Vegetarian](http://vegetarian.lovetoknow.com/Disadvantages_of_Being_a_Vegetarian)  
[http://vegetarian.lovetoknow.com/Advantages\\_of\\_Vegetarianism](http://vegetarian.lovetoknow.com/Advantages_of_Vegetarianism)
4. Эссе “Has Becoming a Vegetarian Many Benefits?” (**Приложение 4**)  
<http://www.essayhowto.com/?s=vegetarianism&submit=Search>
5. A Useful Language Bank for Communication and Writing (**Приложение 5**)
6. Статья “Vegetarian diet reduces cancer risk”.  
<http://www.breakingnewsenglish.com/0903/090317-vegetarians.html>
7. Аудиозапись и статья “Vegetarianism”  
<http://www.listenAminute.com/v/vegetarianism.html>

### **Ход урока**

#### **I. Начало урока.**

1. Организационный момент. Беседа о настроении и самочувствии человека (от чего это зависит?) Мотивирующее начало к постановке целей урока и формулировке темы урока (через использование подборки фотографий людей слишком полных и слишком худых (больных ожирением и анорексией).

2. Выдача кейса. Ознакомление со шкалой оценивания, обсуждение критериев.

**II. Деление на группы, предварительное обсуждение, краткий опрос по теме.** Беседа о пользе и вреде употребления мяса в пищу: Walk around the class and talk to your classmates about eating meat.

1). Деление на группы. Группа А – сторонники вегетарианства, группа В – оппоненты:

Students A strongly believe everyone in the world should be vegetarian to save the planet. Students B strongly believe vegetarianism is totally unnecessary.

2). Групповое обсуждение лексики, используемой в тексте. Ученики в группах изучают список ЛЕ и выбирают необходимые для дальнейшего использования на уроке:

**Work in groups:** Decide which of these topics or words from the text are most interesting and which are most boring. Have a chat about the topics you liked.

<i>decade / studies / cancer / experts / the latest research / vegetarians / comparisons / findings / nutrition / diets / being more health conscious / animal products / honey</i>
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**III. Речевая разминка.**

1. Опрос по мерам профилактики заболевания раком. Заполнение таблицы, выстраивание шкалы профилактики рака по степени важности (1 – 8).

What do you think is the best way to prevent cancer? Rank the following in order.

_____ vegetarian diet	_____ avoiding cigarettes / alcohol
_____ using sun screen	_____ not having a microwave
_____ exercise	_____ living a stress-free life
_____ regular health checks	_____ living in the countryside

2. Ассоциограмма «Диета» в группах (ученики изучают п.3-4 из кейса и сами определяют категории в ассоциограмме, заполняют их). Время заполнения – 5 – 7 мин.

Spend one minute writing down all of the different words you associate with the word 'diet'. Share your words with your partners and talk about them. Together, put the words into different categories.

**IV. Обучение чтению. Работа с текстом из кейса.**

**PRE-READING. ПРЕДТЕКСТОВЫЕ ЗАДАНИЯ**

1. Прочитайте заголовок статьи и выполните задание.

**TRUE / FALSE:** Look at the article's headline and guess whether these sentences are true (T) or false (F):

a.	The article talks about a 10-year-long study into cancer.	T / F
b.	The study in the article is the biggest ever to look at cancer and diet.	T / F
c.	Researchers studied the health of teenagers and centenarians.	T / F
d.	The study concludes that being vegetarian could benefit your health.	T / F

e.	The study's findings are not yet published anywhere.	T / F
f.	A researcher said it was the first big study to look at a diet-cancer link.	T / F
g.	A greater number of people around the world are becoming vegetarian.	T / F
h.	Strict vegetarians should not eat cheese, yoghurt or honey.	T / F

2. Найдите синонимы к словам из текста.

**SYNONYM MATCH:** Match the following synonyms from the article:

1.	decade	a.	divided
2.	common	b.	conclusions
3.	tracked	c.	connection
4.	separated	d.	ten years
5.	protect	e.	widespread
6.	findings	f.	aware
7.	link	g.	followed
8.	conscious	h.	safeguard
9.	altogether	i.	rules out
10.	excludes	j.	completely

3. Сопоставьте фразы из текста статьи (возможна более, чем одна комбинация).

**PHRASE MATCH:** Match the following phrases from the article (sometimes more than one combination is possible):

1.	a decade-long	a.	all animal products
2.	cancer is less common	b.	who ate meat
3.	the researchers tracked the	c.	among vegetarians
4.	compared with those	d.	diet and cancer
5.	being vegetarian could protect	e.	have been published
6.	the findings of the research	f.	eat eggs and fish
7.	look at the link between	g.	study
8.	people are becoming more and	h.	health of 63,550 men
9.	a strict vegetarian diet that excludes	i.	people against cancer
10.	less strict vegetarians	j.	more health conscious

**READING. ЧТЕНИЕ текста статьи**

4. Прочитайте статью «Вегетарианская диета уменьшает риск заболевания раком». Read the article “Vegetarian diet reduces cancer risk”.

### **Vegetarian diet reduces cancer risk**

A decade-long study in the United Kingdom has found that cancer is less common among vegetarians. Health experts have always thought that a vegetarian diet is healthier than one that includes meat. This latest research is one of the biggest

studies to compare cancers in vegetarians and non-vegetarians. The researchers tracked the health of 63,550 men and women aged between 20 and 89. They separated people into different groups – meat-eaters, fish-eaters, and vegetarians. The research team reported a “significantly lower” number of cancers among the fish-eaters and vegetarians compared with those who ate meat. The study suggests being vegetarian could protect people against cancer.

The findings of the research have been published in the March 2009 edition of the ‘American Journal of Clinical Nutrition’. Lead researcher Professor Timothy Key said his study was the first major research to look at the link between diet and cancer. "It suggests there might be some reduction in cancers in vegetarians and fish-eaters and we need to look carefully at that," he said. Vegetarianism is on the increase around the world. People are becoming more and more health conscious and are eating less meat, or cutting it out altogether. Some people choose a strict vegetarian diet that excludes all animal products. This means no dairy products or honey. Less strict vegetarians eat eggs and fish.

5. Заполните пропуски. (Текст статьи делится пополам по группам).

**GAPS FILL:** Put the words into the gaps in the text.

<p>A decade-long study in the United Kingdom has _____ that cancer is less common among vegetarians. Health experts have always thought that a vegetarian diet is healthier than one that _____ meat. This latest research is one of the biggest _____ to compare cancers in vegetarians and non-vegetarians. The researchers _____ the health of 63,550 men and women aged between 20 and 89. They _____ people into different groups – meat-eaters, fish-eaters, and vegetarians. The research team reported a “significantly _____” number of cancers among the fish-eaters and vegetarians compared with _____ who ate meat. The study suggests being vegetarian could protect people _____ cancer.</p>	<b>STUDENTS A</b>	<i>lower studies separated against found includes tracked those</i>
<p>The _____ of the research have been published in the March 2009 edition of the ‘American Journal of Clinical Nutrition’. Lead researcher Professor Timothy Key said his study was the first _____ research to look at the link between diet and cancer. "It suggests there might be some _____ in cancers in vegetarians and fish-eaters and we need to look carefully at that," he said. Vegetarianism is on the _____ around the world. People are becoming more and more health _____ and are eating less meat, or cutting it out _____. Some people choose a strict vegetarian diet that _____ all animal products. This means no dairy products or honey. Less _____ vegetarians eat eggs and fish.</p>	<b>STUDENTS B</b>	<i>increase excludes findings altogether major strict reduction conscious</i>

**AFTER-READING. ПОСЛЕТЕКСТОВЫЕ ЗАДАНИЯ**

6. Прочитать статью еще раз, составить и записать вопросы к тексту.  
**ARTICLE QUESTIONS:** Read the article again and write down some questions you'd like to ask the classmates about the text.

- Share your questions with other partners.
- Ask other group your questions.

7. Работа с лексикой. Выпишите незнакомые слова и переведите их с помощью словарей (в виде книг или электронных).

**VOCABULARY:** Circle any words you don't understand. In groups, find unknown words and use different types of dictionaries to find their meanings.

## V. Обучение аудированию и говорению

### 1. LISTENING. АУДИРОВАНИЕ текста.

- Прослушайте аудиозапись «Вегетарианство» дважды. Listen to the tape "Vegetarianism" twice.

#### SCRIPT

#### Vegetarianism

If everyone in the world was a vegetarian, I think the world would be a better place. There simply isn't enough land any more for cows and sheep to feed on. We are losing too many forests because farmers want more land to raise cows so we can eat beef. Vegetarianism is one way to help the Earth. It's also one way to help ourselves. So many of us are fat because we eat too much meat. If we were all vegetarian, we would all be healthier. We all need to eat more vegetables. That's the easiest way of looking after our health. If we were all vegetarian, we would also save lots of money on healthcare. We wouldn't have all the heart problems that you get with eating meat. I wonder if we can all stop eating meat.

- Проверьте друг друга! Восстановите словосочетания текста по памяти, затем проверьте другую группу.

**TEST EACH OTHER:** Look at the words below. With your group, try to remember how they were used in the text:

<ul style="list-style-type: none"> <li>• better</li> <li>• raise</li> <li>• help</li> <li>• the easiest</li> <li>• lots of</li> <li>• heart</li> </ul>	<ul style="list-style-type: none"> <li>• the Earth</li> <li>• place</li> <li>• way</li> <li>• cows</li> <li>• problems</li> <li>• money</li> </ul>
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2. Познакомьтесь с содержанием п. 5 кейса и составьте 5 вопросов для проведения опроса по преимуществам и недостаткам вегетарианства.

Write five questions about vegetarianism in the table. When you have finished, interview other students. Write down their answers.

	STUDENT 1	STUDENT 2	STUDENT 3
Q.1.			
Q.2.			

Q.3.			
Q.4.			
Q.5.			

**3. VEGETARIANISM DISCUSSION. ГРУППОВАЯ ДИСКУССИЯ**  
**STUDENT A's QUESTIONS. Вопросы группе А.**

a)	What did you think when you read the headline?
b)	What springs to mind when you hear the word 'vegetarian'?
c)	What do you think of vegetarianism?
d)	Would you change your diet to avoid being ill?
e)	Do you think eating meat is unhealthy?
f)	How healthy or unhealthy is your diet?
g)	Do you think the environment would be in a better condition if we were all vegetarians?
h)	Some say eating meat makes people more violent. Do you agree?
i)	Do we need to eat meat?
j)	If we all became vegetarians, would the world suddenly be full of pigs, cows, sheep and chickens?

**STUDENT B's QUESTIONS. Вопросы группе В.**

a)	Did you like reading this article?
b)	Do you like reading about diet and health?
c)	Why do you think it has taken so long to do a major study on cancer and diet?
d)	What do you think of the argument that it is wrong to kill animals?
e)	Are strict vegetarians healthier than vegetarians who eat dairy products and honey?
f)	Have you ever changed your diet?
g)	What effects would vegetarianism have on your country's health?
h)	Should fast food restaurants offer more vegetarian choices?
i)	Are the vegetarians you know happier and healthier?
j)	What questions would you ask Professor Timothy Key?

**VI. ПИСЬМО. WRITING.**

- Познакомьтесь с содержанием п. 6 кейса – эссе “Has Becoming a Vegetarian Many Benefits?” и п.7 – списка необходимых фраз для устного и письменного высказываний. Напишите свои мысли по теме (На выполнение задания отводится 15 – 20 мин.)

Read the essay “Has Becoming a Vegetarian Many Benefits?” and useful word combinations for speaking and writing. Write your opinion about vegetarianism for 15 – 20 minutes.

**VII. САМОПРОВЕРКА**

(Выполнение данного задания проводится на втором занятии, в качестве контроля лексико-грамматических навыков, усвоенных в процессе работы над кейсом).

### TEST YOURSELF - LANGUAGE WORK

A decade (1) \_\_\_\_ study in the United Kingdom has found that cancer is less common among vegetarians. Health (2) \_\_\_\_ have always thought that a vegetarian diet is healthier than one that includes meat. This latest research is one of the biggest studies (3) \_\_\_\_ compare cancers in vegetarians and non-vegetarians. The researchers tracked the health of 63,550 men and women aged between 20 and 89. They separated people (4) \_\_\_\_ different groups – meat-eaters, fish-eaters, and vegetarians. The research team (5) \_\_\_\_ a “significantly lower” number of cancers among the fish-eaters and vegetarians compared with those who ate meat. The study suggests (6) \_\_\_\_ vegetarian could protect people against cancer.

The findings of the research (7) \_\_\_\_ been published in the March 2009 edition of the ‘American Journal of Clinical Nutrition’. Lead researcher Professor Timothy Key said his study was the first major research to look at the (8) \_\_\_\_ between diet and cancer. "It suggests there might be some (9) \_\_\_\_ in cancers in vegetarians and fish-eaters and we need to look carefully at that," he said. Vegetarianism is (10) \_\_\_\_ the increase around the world. People are becoming more and more health conscious and are eating less meat, or cutting it (11) \_\_\_\_ altogether. Some people (12) \_\_\_\_ a strict vegetarian diet that excludes all animal products. This means no dairy products or honey. Less strict vegetarians eat eggs and fish.

**Put the correct words from the table below in the above article.**

1.	(a)	lengthy	(b)	longest	(c)	length	(d)	long
2.	(a)	experts	(b)	expertly	(c)	expertise	(d)	expert
3.	(a)	by	(b)	for	(c)	to	(d)	at
4.	(a)	out	(b)	into	(c)	on	(d)	up to
5.	(a)	report	(b)	reported	(c)	reportedly	(d)	reporting
6.	(a)	been	(b)	be	(c)	being	(d)	was
7.	(a)	have	(b)	having	(c)	had	(d)	haves
8.	(a)	sink	(b)	mink	(c)	wink	(d)	link
9.	(a)	reduces	(b)	reducing	(c)	reduced	(d)	reduction
10.	(a)	in	(b)	on	(c)	onto	(d)	up
11.	(a)	out	(b)	up	(c)	in	(d)	off
12.	(a)	chosen	(b)	choosy	(c)	choose	(d)	choice

### VIII. ОБОБЩЕНИЕ РЕЗУЛЬТАТОВ И ПОДВЕДЕНИЕ ИТОГОВ РАБОТЫ С КЕЙСОМ. Рефлексия.

- Оценка каждого ученика своей группой с обсуждением.
- Оценка учеников оппонентами.
- Удачные и неудачные моменты в работе всей группы и каждого ученика.
- Оценка учеников учителем по той системе оценивания, которая была обговорена в начале первого урока.



## IX. HOMEWORK. ДОМАШНЕЕ ЗАДАНИЕ (на выбор)

**1. VOCABULARY EXTENSION:** Choose 5 words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**РАСШИРЕНИЕ ЛЕКСИЧЕСКОГО ЗАПАСА.** Выберите 5 слов из текста. Используйте словарь или поисковую систему Google (или любую другую доступную вам систему) для создания ассоциаций/словосочетаний с каждым словом.

**2. THE INTERNET:** Search the Internet and find out more about vegetarianism. Share what you discover with your partners at the next lesson.

**ИССЛЕДОВАНИЕ ИНТЕРНЕТ-ИСТОЧНИКОВ.** Осуществите поиск в Интернете новой информации по теме «Вегетарианский образ жизни» (напр., необычные рецепты вегетарианских блюд, известные вегетарианцы и т.п.). Подготовьте сообщение.

**3. VEGETARIANISM:** Write a magazine article about a vegetarian diet. Include imaginary interviews with a vegetarian and someone who loves meat.

**НАПИШИТЕ СТАТЬЮ В ЖУРНАЛ** о вегетарианской диете. Включите в нее воображаемое интервью с вегетарианцем и любителем мясных блюд.

### Приложение 1

Заполните таблицу «Диеты».

**DIETS:** Are you happy with what you eat? Complete the table. Talk about what you wrote with your partners.

Diet	Health benefits	I could (not) follow this because
Vegan		
Less strict vegetarian		
Fast Food		
Meat-based		
Fruitarian		

### Приложение 2

## Different Types of Vegetarians

Flowing from the different reasons to embrace vegetarianism are a number of variations on the vegetarian diet.

### Total Vegetarian

Total Vegetarians eat a diet which consists only of plant food and excludes animal foods, which along with meat includes:

- Dairy products
- Eggs
- Fish
- Honey

### Vegans

Like the Total Vegetarians, Vegans eliminate animal products from their diet. However, they take it a step further. They don't use any products made from animals. This includes:

- Leather
- Wool
- Silk

### Lacto-vegetarians

While Lacto Vegetarians eliminate meat from their diet, they do eat dairy products with the exception of eggs.

### Lacto-ovo-vegetarians

Lacto-ovo-vegetarians don't eat meat but do include dairy products and eggs in their diet. This is the most common type of vegetarian.

### Semi-vegetarians

Semi-vegetarians restrict their intake of animal products but do allow specific kinds of meat in their diet. These restrictions vary from one person to another. If you are a semi-vegetarian, you'll find that purists don't look at semi-vegetarians as real vegetarians. Semi-vegetarians include:

- **Pesco Vegetarians:** Allow fish in their vegetarian diet.
- **Pollo Vegetarians:** Eat a largely plant-based diet but do allow poultry to be consumed. This includes:
  - Chicken
  - Duck
  - Turkey
  - Wild fowl

### Raw Foodists

Raw foodists don't heat their food above 115 degrees Fahrenheit because they believe the cooking process kills valuable enzymes. This diet consists mostly of:

- Fruits
- Raw vegetables
- Nuts and seeds

### Fruitarians

Fruitarians only eat fruit and fruit-like vegetables (about 75 percent of their diet) and is actually a type of vegan diet. It consists of a minimal amount of processed or cooked foods. An added twist to the fruitarian diet is that they only eat *fruit* harvested without killing the plant. This includes things like:

- Avocados
- Cucumbers
- Grains
- Nuts
- Squash
- Tomatoes

## Приложение 3

### Сравнительный анализ преимуществ и недостатков вегетарианского образа жизни

PRO Vegetarians	CON Vegetarians
1. <b>It is cruel and unethical to kill animals for food when vegetarian options are available.</b> Animals are sentient beings that have emotions and social	1. <b>Eating meat is not cruel or unethical; it is a natural part of the cycle of life.</b> Vegetarians mistakenly elevate the value of animal life over plant life. Research

connections. Scientific studies show that cattle, pigs, chickens, and all warm-blooded animals can experience stress, pain, and fear. In the United States about 35 million cows, 115 million pigs, and 9 billion birds are killed for food each year. These animals should not have to die to satisfy an unnecessary dietary preference.

2. **Human anatomy has evolved to support a primarily vegetarian diet.** Humans do not have the large mouth or long, pointed teeth of carnivores. Human teeth are short and flat for chewing fibrous food. Carnivores have short intestines (3-6 times body length) while human intestines are long (10-11 times body length) to allow slower digestion of plant foods.
3. **A vegetarian diet delivers complete nutrition and can provide health benefits.** According to the American Dietetic Association, a vegetarian diet can meet protein requirements, provide all the essential amino-acids (the building blocks of protein), and improve health. It can also provide all the necessary vitamins, fats, and minerals, and can improve one's health. According to the USDA and the Food and Agriculture Organization of the United Nations, meat is not an essential part of a healthy diet.
4. **A vegetarian diet can help alleviate world hunger.** Over 10 pounds of plant protein are used to produce one pound of beef protein. If these grains were fed to humans instead of animals, more food would be available for the 925 million people in chronic hunger worldwide. Research from Cornell University found that the grain used to feed US livestock alone could feed 800 million people.
5. **A vegetarian diet reduces the chances of developing kidney stones and gallstones.** Diets high in animal protein cause the body to excrete calcium, oxalate, and uric acid—the main components of kidney stones and gallstones. A diet high in animal protein is

shows that plants respond electrochemically to threats and may feel fear, so vegetarians are also causing harm every time they kill and eat a plant. Every organism on earth dies or is killed, at some point, so others organisms can live. There is nothing wrong with this cycle; it is how nature works.

2. **Eating meat has been an essential part of human evolution for 2.3 million years.** The inclusion of meat in the ancestral diet provided a dense form of nutrients and protein that, when combined with high-calorie low-nutrient carbohydrates such as roots, allowed us to develop our large brains and intelligence. Evidence shows our taste buds evolved to crave meat's savory flavor.
3. **Meat is the most convenient protein source available.** In one serving, meat provides all the essential amino acids (the building blocks of protein), as well as essential nutrients such as iron, zinc, and B vitamins. Most plant foods do not provide adequate levels of all the essential amino acids in a single serving.
4. **Eating meat provides healthy saturated fats, which enhance the function of the immune and nervous systems.** Saturated fats contain the fat-soluble vitamins A, D, E and K, and the cholesterol from saturated animal fat is needed for the proper function of serotonin receptors in the brain. According to a Feb. 7, 2014 study by researchers at the Institute of Social Medicine and Epidemiology, vegetarians "suffer significantly more often from anxiety disorder and/or depression." Low cholesterol levels have been linked to depression. Saturated fats are also essential for building and maintaining cell health, and help the body absorb calcium.
5. **Meat is the best source of vitamin B12, a vitamin necessary to nervous and digestive system health.** Although it is also found in eggs and dairy, a peer-reviewed July 2003 study showed two in

responsible for the high rates (15% of men and 7% of women) of kidney stones in the United States, according to a peer-reviewed Nov. 15, 1999 study.

6. **A vegetarian diet provides a more healthful form of iron than a meat-based diet.** Studies have linked heme iron found in red meat with an increased risk of colon and rectal cancer. Vegetarian sources of iron like leafy greens and beans contain non-heme iron.
7. **A vegetarian diet helps build healthy bones because vegetarians absorb more calcium than meat eaters.** Meat has high renal acid levels which the body must neutralize by leaching calcium from the bones, which is then passed into urine and lost. There are many sources of healthy vegetarian calcium including tofu, dark leafy greens like kale, spinach, and collard greens, as well as fortified cereals.
8. **A vegetarian diet lowers the risk of heart disease.** According to a peer-reviewed 1999 study of 76,000 people, vegetarians had 24% lower mortality from heart disease than meat eaters. A vegetarian diet also helps lower blood pressure, prevent hypertension, and thus reduce the risk of stroke.
9. **Eating meat increases the risk of getting type 2 diabetes.** A peer-reviewed 2004 study from Harvard researchers found that eating meat increases the risk of getting type 2 diabetes in women, and a 2002 study found that eating processed meat increases the risk in men. A vegetarian diet rich in whole grains, legumes, nuts, and soy proteins helps to improve glycemic control in people who already have diabetes.
10. **Vegetarians live longer.** A Mar. 12, 2012 peer-reviewed study of 121,342 people found that eating red meat was associated with an increased risk of death from cancer and cardiovascular disease. A peer-reviewed 2003 study found that adherence to vegetarian diets or diets very

three vegetarians were vitamin B12 deficient compared to one in 20 meat eaters.

6. **Eating meat provides a better source of iron than a vegetarian diet.** The body absorbs 15% to 35% of the heme iron in meat, but only absorbs 2% to 20% of the non-heme iron found in vegetarian sources like leafy greens and beans.
7. **A meat-centered diet can help with weight loss.** It takes fewer calories to get protein from lean meat than it does from vegetarian options. One serving of lean beef (3 oz.) contains as much protein as one serving of beans (1½ cups) or a veggie burger. However, the lean beef has half the calories of beans (180 vs. 374), and 50%-75% fewer calories than the veggie burger.
8. **Raising beef is often the most efficient way to produce food for humans.** About 85% of US grazing land is not suitable for raising crops humans can eat. Today 98% of the original American prairie lands, along with their native plants and animals, are gone. Most of that land is now covered in corn and wheat fields. Natural prairie grasslands can coexist with sustainable herds of cattle or bison, but they cannot coexist with monocrop agriculture.
9. **Vegetarian diets are not necessarily better for the environment.** About 90% of US cropland suffers from top soil loss at 13 times the sustainable rate. 92 % of US soybeans (a vegetarian staple protein) are planted with genetically modified soy, immune to herbicides. This immunity allows soy farmers to douse their fields with large quantities of weed-killing herbicides which are toxic to other plants and fish. Some scientists worry that increased herbicide use could create "super weeds."
10. **Vegetarians do not live longer.** This myth stems from the fact that vegetarians tend to be more health conscious overall, eating a more balanced diet, exercising

low in meat for 20 years or more can increase life expectancy by 3.6 years. A peer-reviewed July 9, 2001 study of Seventh-Day Adventists who were vegetarian (or ate very little meat) showed longevity increases of 7.28 years for men and 4.42 years for women. On June 3, 2013 a peer-reviewed study of 73,308 people found that a vegetarian diet is associated with a 12% reduction in all-cause mortality.

11. **A vegetarian diet promotes a healthy weight.** According to a peer-reviewed 2003 Oxford University study of 37,875 healthy men and women aged 20-97, 5.4% of meat eaters were obese compared to 3% of vegetarians. Meat eaters had an average Body Mass Index (BMI) 8.3% higher than vegetarians. Another 2006 meta-study that compiled data from 87 studies also found that vegetarian diets are associated with reduced body weight.
12. **Studies show that vegetarians are up to 40% less likely to develop cancer than meat eaters.** According to a peer-reviewed 1994 study by Harvard researchers, consuming beef, pork, or lamb five or more times a week significantly increases the risk of colon cancer. The World Cancer Research Fund found that eating processed meats such as bacon or sausage increases this risk even further. A 2014 study found that diets high in animal protein were associated with a 4-fold increase in cancer death risk compared to high protein diets based on plant-derived protein sources.
13. **Overgrazing livestock hurts the environment through soil compaction, erosion, and harm to native plants and animals.** About 70% of the 11 western states are grazed by livestock. Grazing has been a factor in the listing of 171 species under the Endangered Species Act. It has damaged 80% of streams and riparian areas in the western United States. 85% of US land used for grazing livestock is not suitable for farming. Abstaining from meat would help in the restoration of vast

more, and smoking less than the general population. When a peer-reviewed Apr. 11, 2005 study from the German Cancer Research Center compared health conscious meat eaters with vegetarians, there was no difference in overall mortality rates.

11. **US meat consumption does not significantly contribute to global deforestation, or loss of US forest land.** In 2001, about 95% of animal products consumed in the United States were produced in the United States. Despite the US consumption of about 27 billion pounds of beef per year, the percentage of forested US land has remained steady at around 33% since 1907.
12. **Processed vegetarian protein options such as tofu can cause more greenhouse gas pollution than farming meat.** A 2010 report from the World Wildlife Fund (WWF) found that the production of soy-based proteins such as tofu could contribute more to greenhouse gas emissions than eating locally produced meat. According to a peer-reviewed 2009 study, giving up all animal products would only give a 7% reduction in greenhouse gas emissions, not enough to be worth the dietary sacrifice.
13. **Becoming vegetarian will not help alleviate world hunger.** The 925 million people in chronic hunger worldwide are not hungry because people in wealthy countries eat too much meat. The problem is one of economics and distribution. According to the Food and Agriculture Organization of the United Nations, the world "currently produces enough food for everybody, but many people do not have access to it."
14. **A diet that includes fish provides the body with essential omega-3 fatty acids.** Fish are a powerful source of the omega-3 fatty acids EPA and DHA which are important for brain function, lowering triglycerides, and reducing the risk of death from heart attacks and strokes.

US lands more naturally suited to provide habitat for native plants and animals.

14. **A vegetarian diet conserves water.** It takes about 2,500 gallons of water to produce one pound of beef, and about 660 gallons to make a pound of chicken. It only takes about 220 gallons to make a pound of tofu and 180 to make a pound of wheat flour.
15. **Raising animals for food creates 18% of global greenhouse gases - more than the transportation sector.** Greenhouse gases are created by animal farts and burps (aka enteric fermentation), manure decomposition, and deforestation to make room for grazing animals and growing feed. Producing a pound of hamburger meat contributes as much greenhouse gas as driving a small car nearly 20 miles. A pound of pork equals about 5 miles, and a pound of potatoes only 0.34 miles. A June 2010 report from the United Nations Environment Programme stated that a "worldwide diet change, away from animal products" is necessary to stop the worst effects of global climate change.
16. **Producing one hamburger destroys 55 square feet of rainforest.** Between 1996-2006, 25 million acres of Amazon rainforest were cleared—80% of which became pasture for beef cattle. In 2009, the United States imported 44,284 tons of processed Brazilian beef mostly for use in hamburgers, hot dogs, and lunch meats. Importing fresh Brazilian beef became legal in Nov. 2010, and US beef imports from Brazil will likely increase.
17. **Raising animals for food contributes to air and water pollution.** Manure produces toxic hydrogen sulfide and ammonia which pollute the air and leach poisonous nitrates into nearby waters. The USDA estimates that livestock produces 500 million tons of manure annually—three times what humans produce. Runoff laden with manure is a major cause of "dead zones" in 173,000 miles of US waterways, including the 7,700-square-

Although the omega-3 fatty acid ALA can be found in plant oils, the ALA must first be converted by the body into the essential EPA and DHA. The process is inefficient and may not provide the same cardiovascular benefits as eating fish.

15. **Saturated fats from meat are not to blame for modern diseases like heart disease, cancer, and obesity.** Chemically processed and hydrogenated vegetable oils like corn and canola cause these conditions because they contain harmful free radicals and trans fats formed during chemical processing.
16. **Lean red meat, eaten in moderation, can be a healthful part of a balanced diet.** According to researchers at the British Nutrition Foundation, "there is no evidence" that moderate consumption of unprocessed lean red meat has any negative health effects. However, charring meat during cooking can create over 20 chemicals linked to cancer, and the World Cancer Research Fund finds that processed meats like bacon, sausage, and salami, which contain preservatives such as nitrates, are strongly associated with bowel cancer and should be avoided. They emphasize that lean, unprocessed red meat can be a valuable source of nutrients and do not recommend that people remove red meat from their diets entirely, but rather, that they limit consumption to 11 ounces per week or less.
17. **Modern slaughter techniques minimize the suffering of animals.** US slaughterhouses must conform to the Humane Methods of Slaughter Act (HMSA) which mandates that livestock be stunned unconscious before slaughter. Many of the largest US meat producers also adhere to the handling standards developed by Dr. Temple Grandin which factor in animal psychology to design transportation devices, stockyards, loading ramps, and restraining systems

mile dead zone in the Gulf of Mexico. People living near CAFOs often have respiratory problems from hydrogen sulfide and ammonia air pollution. A peer-reviewed 2006 study of Iowa students near a CAFO found 19.7% had asthma - nearly three times the state average of 6.7%.

18. **Many animals raised for food in the United States are not slaughtered humanely.** The Humane Methods of Slaughter Act (HMSA) mandates that livestock be stunned unconscious before slaughter to minimize suffering. However, birds such as chickens and turkey are exempted from the HMSA, and many US slaughterhouses routinely ignore the HMSA. A 2010 report by the US Government Accountability Organization (GAO) found that the USDA was not "taking consistent actions to enforce the HMSA."
19. **Raising animals in confinement is cruel.** About 50% of meat produced in the United States comes from confined animal feeding operations (CAFOs) where animals live in filthy, overcrowded spaces. In CAFOs pigs have their tails cut off, chickens have their toenails and beaks clipped off, and cows have their horns removed and tails cut off with no painkillers. Pregnant pigs are kept in metal gestation crates barely bigger than they are. Baby cows raised for veal are tied up and confined in tiny stalls their entire short lives (3-18 weeks).
20. **A vegetarian diet reduces overuse of antibiotics.** 70% of antibiotics sold in the United States go to livestock like cows, pigs, and chickens to prevent the spread of disease in CAFOs where animals live cramped together. A peer-reviewed 2007 study from the National Institute of Environmental Health Sciences found that overuse of antibiotics in CAFOs causes antibiotic resistant bacteria to develop, which may endanger human health.

that minimize stress and calm animals as they are led to slaughter.

18. **There is nothing inherently cruel about raising animals for food.** There is a growing movement to raise "cruelty free" organic meat. In the United States, animals raised for certified organic meat must be given access to the outdoors, clean air, and water. They cannot be given growth hormones or antibiotics and must be fed organically-grown feed free of animal byproducts. According to a 2007 report from the Range Improvement Task Force, organic meat accounted for 3% of total US meat production. By the end of 2012 "natural and organic" beef accounted for 4% of total beef sales in the United States.
19. **The right to eat what we want, including meat, is a fundamental liberty that we must defend.** Animal-rights and health groups are attempting to control personal behavior, and many would like to see meat consumption severely restricted—if not outlawed—through the use of lawsuits, heavy taxation, and government regulations. What people eat should be a protected personal choice.
20. **It is not necessary to become vegetarian to lower our environmental footprint.** Some vegetarians eat an unhealthy diet, drive SUVs, and consume eggs and dairy products produced at factory farms (CAFOs). Some meat eaters use solar panels, ride a bike, grow their own vegetables, and eat free-range organic meat. All of a person's actions make a difference—not just a single act such as eating meat. For example, biking instead of driving for 5 miles can neutralize the greenhouse gas emissions from eating one quarter-pound hamburger patty.
21. **Vegetarian diets can cause the death of animals too.** According to a 2003 study by Steven Davis at Oregon State University, about six animals per acre, or 52-77% of the animals (such as birds,

21. **Eating fish is not a more ethical or environmentally sound alternative to other animal protein sources.** Scientific studies show fish feel pain when they are injured. In addition, wild fish are severely impacted by overfishing. According to a peer-reviewed 2006 study published in *Science*, 29% of all commercially fished species have suffered population collapse, and at current fishing levels all harvested species will have collapsed by 2048.

22. **Eating fish is not necessary to maintain optimal health, and can even have negative health effects.** Omega-3 acids (which can be found in fish) are crucial for health, but the mercury that contaminates most seafood is not. The omega-3 acid ALA is found in vegetarian sources like walnut, flax, and olive oils, and is converted by the body into EPA and DHA—the essential omega-3 acids found in fish. In terms of mercury contamination in seafood, the US EPA states that "nearly all fish and shellfish" are contaminated by methyl mercury (a potent neurotoxin) from industrial pollution.

mice, and rabbits) that live in agricultural crop fields, are killed during harvest.

22. **Becoming a vegetarian is not the best way to improve safety for workers in the meatpacking industry.** The meatpacking industry can be dangerous, but the solution for improving the safety of slaughterhouse workers is the strengthening of workplace safety rules, and increasing the monitoring of factories for safety violations—not to stop eating meat. Many jobs can be dangerous, but that does not mean that these jobs should not be performed. According to the US Department of Labor, 278 workers died producing crops in 2009. The most fatal occupation in the United States in 2009 was construction work (818 fatalities), followed by motor vehicle operators such as truckers (660 fatalities).

## Приложение 4

### Sample Vegetarian Essay

#### **Becoming a Vegetarian Has Many Benefits**

Have you ever wondered why more and more people are turning into vegetarianism? Have you ever considered becoming a vegetarian? Maybe it's time you give it a try. People become vegetarians for a variety of reasons. These can be for health benefits, religious beliefs, to promote a healthy environment and to preserve animals and their rights. There is no end to the benefits of becoming a vegetarian. Even many governments in various countries encourage their populations to consider a plant-based diet and obtain most of the calorie intake through grain products and vegetables and fruits. Persons who are still undecided about whether they should convert their diets to vegetarian should consider some of its benefits.

A vegetarian diet is extremely beneficial when warding off heart disease. Most heart disease such as heart attacks, high blood pressure, occurs due to the diet. A low-fat vegetarian diet is one of the most effective methods of preventing coronary artery disease. According to the Centre for Disease Control and Prevention heart disease is the leading cause of death in the United States. This is mainly due to a diet rich in saturated fats and a sedentary lifestyle. According to statistics the mortality rate for cardiovascular diseases is significantly lower in vegetarians than in non-vegetarians. Cholesterol is derived mainly from animal fats. A vegetarian diet consists of absolutely no animal fats, but is high in all things healthy. Vegetarian diets are high in fibre and disease fighting antioxidants and various other vitamins and minerals that fight heart disease.

Becoming a vegetarian can also prevent unnecessary weight gain. For example, most high-protein meals can pack in the pounds. A vegetarian diet ensures that unhealthy, fatty foods and



high carbohydrate foods are not included in the diet. According to the Centre for Disease Control and Prevention 64% of American adults and 15% of children aged 6 to 19 are overweight. This increases their risk of many weight-related illnesses such as diabetes and heart attacks and strokes. However, a low-fat vegetarian diet can reduce the weight gained and also enable easy weight loss. Being vegetarian also ensures that the weight can be maintained throughout a person's life. Vegetables such as beans, sweet potatoes and leafy green vegetables also boost the metabolism. Vegetables can also prevent hunger pangs that cause overeating and are extremely low in calories. This enhances weight loss and helps reduce weight faster.

Osteoporosis is a condition that causes weak and brittle bones. It is a condition that has no symptoms and the result is a fracture. A diet high in calcium is the best method of preventing fractures from osteoporosis. There are various vegetables that are extremely high in calcium. For example, dark green vegetables such as spinach, kale, broccoli, turnip and collard greens are extremely beneficial for warding off osteoporosis. Excess animal proteins can cause an acidic condition in the body. The body, to counteract this condition, takes calcium from the bones. Vegetarians do not have this problem. The right amount of calcium obtained through high calcium vegetable sources ensures a healthy body, free of the risk of osteoporosis.

Becoming a vegetarian can be considered to save the environment. The chemical and animal waste from the meat industry pollutes rivers and streams contributing to Global Warming. Furthermore, animals are injected with various types of steroids and hormones. These toxic chemicals are harmful for the body. Fish too; consist of carcinogens and heavy metals. These toxins cannot be eradicated from the fish even through boiling. Persons who consume heavy amounts of fish or poultry or meat are at high risk of getting cancer and other diseases that occur with high ingestion of toxins in the body. These concerns do not affect vegetarians.

Apart from the health benefits of going vegetarian, vegetarian meals are colourful on the plate, easy to prepare and saves a significant amount of money. These are just some of the reasons why more and more people are turning to vegetarian foods. Isn't it time you considered becoming a vegetarian too?

## Приложение 5

### A Useful Language Bank for Communication and Writing

- **Asking for opinions**
- What's your opinion on...?
- How do you feel about...?
- **Expressing opinions**
- My point of view is that...
- Well, as far as I'm concerned...
- Well, if you ask me...
- It seems\ appears to me that...
- I think\ believe...\ must...\
- In my opinion\ view...
- To me...\ may\ might
- **Making Suggestions**
- If I were ... I would...
- Perhaps they should...
- Why don't we/ they...
- How/ what about...?
- A good idea would be...
- If they..., then...
- They can/ should...
- I think we/ you should...
- You could always...
- What do you think about....?
- What's your view on...?
- From my point of view...
- To my mind/ way of thinking...
- As far as I am concerned...
- I am totally against...
- I (do not) agree that \ with...
- I (completely) agree \ disagree that \ with...
- Let's...
- Have you thought about...
- It would be a great idea to...
- We can/ could...
- A useful suggestion would be to...
- It would help/ It would be a good idea if...
- The situation would be improved if/ by...

- Another way to... is / would be to...
- **Agreeing**
- I think you are right...
- That's true...
- I quite agree with you...
- You're right.
- **Disagreeing**
- I'm not sure I agree with you.
- That's true, but...
- Do you really think so?
- I'm afraid I can't agree with you.
- **Presenting results and consequences**
- This would .../ In this way...; you /it /etc. would....
- By doing this, you/we/ etc., would...
- I couldn't agree more.
- That's a great / good/ fantastic idea.
- Sure, why not.
- That sounds interesting / great.
- No, I really can't agree with you.
- I don't really feel like it.
- That sounds boring.
- The effect / consequence / result of... would be...
- Consequently,...
- As a result,....

## Приложение 6

### Ключи ответов – KEYS

#### TRUE / FALSE:

a.	T	b.	F	c.	F	d.	T	e.	F	f.	T	g.	T	h.	T
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#### SYNONYM MATCH:

1.	decade	a.	ten years
2.	common	b.	widespread
3.	tracked	c.	followed
4.	separated	d.	divided
5.	protect	e.	safeguard
6.	findings	f.	conclusions
7.	link	g.	connection
8.	conscious	h.	aware
9.	altogether	i.	completely
10.	excludes	j.	rules out

#### PHRASE MATCH:

1.	A decade-long	a.	study
2.	cancer is less common	b.	among vegetarians
3.	the researchers tracked the	c.	health of 63,550 men
4.	compared with those	d.	who ate meat
5.	being vegetarian could protect	e.	people against cancer
6.	the findings of the research	f.	have been published
7.	look at the link between	g.	diet and cancer
8.	people are becoming more and	h.	more health conscious
9.	a strict vegetarian diet that excludes	i.	all animal products
10.	less strict vegetarians	j.	eat eggs and fish

**GAP FILL:** Vegetarian diet reduces cancer risk

A decade-long study in the United Kingdom has **found** that cancer is less common among vegetarians. Health experts have always thought that a vegetarian diet is healthier than one that **includes** meat. This latest research is one of the biggest **studies** to compare cancers in vegetarians and non-vegetarians. The researchers **tracked** the health of 63,550 men and women aged between 20 and 89. They **separated** people into different groups – meat-eaters, fish-eaters, and vegetarians. The research team reported a “significantly **lower**” number of cancers among the fish-eaters and vegetarians compared with **those** who ate meat. The study suggests being vegetarian could protect people **against** cancer.

The **findings** of the research have been published in the March 2009 edition of the ‘American Journal of Clinical Nutrition’. Lead researcher Professor Timothy Key said his study was the first **major** research to look at the link between diet and cancer. "It suggests there might be some **reduction** in cancers in vegetarians and fish-eaters and we need to look carefully at that," he said. Vegetarianism is on the **increase** around the world. People are becoming more and more health **conscious** and are eating less meat, or cutting it out **altogether**. Some people choose a strict vegetarian diet that **excludes** all animal products. This means no dairy products or honey. Less **strict** vegetarians eat eggs and fish.

**LANGUAGE WORK:**

1 - d	2 - a	3 - c	4 - b	5 - b	6 - c	7 - a	8 - d	9 - d	10 - b	11 - a	12 - c
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