**Unit 10 Self-study**

**Task 1 Complete the gaps with suitable prepositions:**

**Helping Teens Eat More Nutritious Foods**

Teenagers face a variety of challenges. They pursue their independence, experience identity crisis, seek peer acceptance and worry \_\_\_\_\_\_\_\_\_ physical appearance. These factors affect food choice. Advertisers take advantage of this \_\_\_\_\_\_\_\_ pushing a vast array of products - candy, gum, soft drinks and snacks – at the teenage market. Potato chips and French fries make \_\_\_\_\_\_\_\_ more than one-third of the vegetable servings consumed \_\_\_\_\_\_\_ teens.

Additionally, many schools offer French fries \_\_\_\_\_\_ a regular basis, and soft drinks machines can be found in school hallways in cafeterias, competing \_\_\_\_\_\_\_\_ the school lunch. The increased consumption of fast foods, sugary beverages and snack foods crowds \_\_\_\_\_\_\_ nutrient-dense foods, thus limiting intake of calcium, iron, zinc, fat-soluble vitamins, etc.

Teens often don´t think \_\_\_\_\_\_\_ the long-term benefits of good health. They have a hard time relating today´s actions \_\_\_\_\_\_ tomorrow´s health outcomes. Many teenagers tend \_\_\_\_\_ think they can change habits later, there´s no hurry.

Still, healthful teen food habits do not require giving \_\_\_\_\_\_ favourite foods. Small portions of fatty foods can complement larger portions of lean meats, vegetable proteins, fruits, and whole-grain products.

(adapted from Wardlaw, M., & Smith, A. Contemporary Nutrition. McGraw-Hill, 2009.)

**Task 2 Phrasal verbs**

(http://www.englishclub.com/vocabulary/phrasal-verbs-list.htm)

**Study the sentences below and then match phrasal verbs with their synonyms:**

**A.**

Jason **called** the wedding **off** because he wasn't in love with his fiancée.

My grandparents **brought** me **up** after my parents died.

You will lose weight if you **stick to** the diet.

Our car **broke down** at the side of the highway in the snowstorm.

You'll have to run faster than that if you want to **catch up** with Marty.

Call sth.off get to the same point as sb. else

Bring sb. up cancel

Stick to sth. raise a child

Break down continue doing sth.

Catch up with sb. stop functioning

**B.**

I need to **figure out** how to fit the piano and the bookshelf in this room.

I **dropped out** of Science because it was too difficult.

I **turned** the job **down** because I don't want to move.

My doctor wants me to **cut back on** sweets and fatty foods.

I am **counting on** you to make dinner while I am out.

Figure sth. consume less

Drop out rely on

Turn sth. down understand, find the answer

Cut back on sth. refuse

Count on sb., sth. quit a class, school

**C.**

If you **keep** those results **up** you will get into a great college.

We need to **sort** the bills **out** before the first of the month.

I just **got over** the flu and now my sister has it.

I **work out** at the gym three times a week. Our plan **worked out** fine. We have to **work out** the total cost before we buy the house.

My maths homework was too difficult so I **gave up**.

Keep sth. up recover from an illness, loss, difficulty

Sort sth. out exercise, be successful, make a calculation

Get over sth. stop trying

Work out continue at the same rate

Give up sth. organize, resolve the problem

**Task 3 Study the example sentences of idioms below and then match each of them with its meaning.**

**Meaning:**

1. very important person (VIP)
2. very relaxed
3. something you enjoy (usually used negatively)
4. a person that is adored by someone
5. earn the income
6. get upset over something that has happened and cannot be changed
7. be pregnant
8. silly
9. necessities, the main thing

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| **Idiom** | **meaning** | **example sentence** |
| 1. **apple of one's eye** |  | Baby Jessica is the **apple of her father's eye**. |
| 1. **(have a) bun in the oven** |  | I don't think Jan will come to the bar because she has a **bun in the oven**. |
| 1. **big cheese** |  | I thought I was just going to interview the secretary, but they let me talk to the **big cheese** himself. |
| 1. **bread and butter** |  | Just explain the **bread and butter** of your report. You don't have to go into details. |
| 1. **bring home the bacon** |  | My husband has had to **bring home the bacon** ever since I broke my leg. |
| 1. **cheesy** |  | I love reading **cheesy** romance novels because I don't have to think. |
| 1. **cool as a cucumber** |  | I thought I was afraid of flying, but I was **cool as a cucumber** all the way to England. |
| 1. **(don't) cry over spilled milk** |  | The mirror is broken and we can't fix it. There's no need to **cry over spilled milk**. |
| 1. **(not my) cup of tea** |  | Opera isn't exactly my **cup of tea**. |