



Полезная лексика по теме  
«**Видеоразбор: каково  
быть ленивцем**»

In 1796, Thomas Jefferson **received** a box of **bones** he couldn't **identify**. A long, **sharp claw reminded** him **of** a lion, but the **arm** bones **suggested** a larger animal, one about three meters long. Thinking it might be **huge** unknown **species** of North American lion, Jefferson **warned** explorers Lewis and Clark to **keep an eye out for** this mysterious **predator**.

But Jefferson's box of bones didn't **come from** a lion. They came from an **extinct** giant **sloth**. **Prehistoric ground sloths** first appeared around 35 million years ago.

to receive — получать

a bone — кость

to identify — опознавать

sharp — острый

a claw /kla:/ — коготь

to remind somebody of something —  
напоминать кому-то что-то

an arm (здесь) — лапа

to suggest (здесь) — указывать на,  
подразумевать

huge /hju:dʒ/ — огромный, гигантский

a species (plural: species) /'spi:ʃi:z/ — вид  
(виды)

to warn — предупреждать

to keep an eye out for  
somebody/something — ожидать  
появления

a predator — хищник

to come from — происходить от

extinct — вымерший

a sloth — ленивец

prehistoric — доисторический

a ground sloth — гигантский ленивец



**Dozens** of species lived across North, Central and South America, **alongside** other **ancient creatures** like **mastodons** and giant **armadillos**.

Some ground sloths, like the megalonychid, were **cat-sized**, but many were **massive**. Jefferson's sloth, Megalonyx, **weighed** about a ton, and that was small compared to megatherium, which could **reach** six **metric tons**, as much as an elephant. They **ambled** through the forests and **savannas** using their strong arms and sharp claws to **uproot** plants and climb trees, **grazing on** grasses, leaves, and prehistoric avocados. In fact, we might not have avocados today if not for the giant sloths. Smaller animals couldn't **swallow** the avocado's huge **seed**, but the sloths could, and they spread avocado trees **far and wide**.

Ground sloths **flourished** for millions of years, but around 10,000 years ago, they started disappearing **along with** the **Western Hemisphere's** other giant **mammals**. Researchers think that ground sloths could have been **pushed out** by an **oncoming ice age**, or **competition** with other species, maybe humans, who arrived in the region around the time most of the sloths **went extinct**.

dozens — множество, масса  
alongside /əˌlɒŋˈsaɪd/ — наряду с  
an ancient creature — древнее существо  
a mastodon — мастодонт  
an armadillo /ˌɑːməˈdɪl.əʊ/ — броненосец

cat-sized — размером с кошки  
massive — огромный  
to weigh /weɪ/ — весить  
to reach — достигать  
a metric ton — метрическая тонна  
to amble — разгуливать  
a savanna — саванна  
to uproot — выкорчевывать  
to graze on — питаться, пастись  
to swallow — глотать  
a seed — семя  
far and wide — повсюду

to flourish (здесь) — господствовать  
along with — вместе с  
the Western Hemisphere — Западное полушарие  
a mammal — млекопитающее  
to push out — вытеснять  
oncoming — надвигающийся  
an ice age — ледниковый период  
competition (здесь) — борьба за существование  
to go extinct — вымирать



Some of the smaller sloths did **survive** and **migrated** to the **treetops**. Today, there are six species left living in the **rainforest canopies** of Central and South America. **Hanging out in the trees** is a good way to **avoid** predators, and there are plenty of leaves to eat. But this diet has its **drawbacks**. Animals **extract energy from** food and use that energy to move around, **maintain their body temperature**, keep their organs working, and all the other activities necessary for **survival**.

But leaves don't **contain** much energy, and that which they do have is **tough** to extract. Most **herbivores supplement a leafy diet** with higher energy foods like fruit and seeds. But sloths, especially **three-toed** sloths, **rely on** leaves almost **exclusively**. They've **evolved finely tuned** strategies for **coping with this restricted diet**.

to survive — выживать

to migrate — перебраться, переместиться

a treetop — верхушка дерева

rainforest canopies — тропические джунгли

to hang out in the trees — висеть на деревьях

to avoid — избегать

a drawback — недостаток, минус

to extract energy from — получать энергию из

to maintain one's body temperature — поддерживать температуру тела

survival — выживание

to contain — содержать

tough — трудный

a herbivore /'hɜːbɪ.vɔːr/ — травоядное животное

to supplement — дополнять, добавлять

a leafy diet — зеленая, листовая диета

three-toed — трехпалый

to rely on something — зависеть

exclusively — исключительно

to evolve — развиваться

finely tuned — хорошо отточенный

to cope with — справляться

a restricted diet — строгая диета



First, they extract as much energy from their food as possible. Sloths have a **multi-chambered stomach** that **takes up** a third of their body, and **depending on** the species, they can spend five to seven days, or even weeks, **processing a meal**.

The other **piece of the puzzle** is to use as little energy as possible. One way sloths do this is, of course, by not moving very much. They spend most of their time eating, resting, or sleeping. They **descend from** the canopy just once a week for a bathroom break. When sloths do move, it's not very fast. It would take a sloth about five minutes to cross an average **neighborhood** street. This **unhurried approach to** life means that sloths don't need very much muscle. In fact, they have about 30% less **muscle mass** than other animals their size. Sloths also use less energy to keep themselves warm because their body temperature can **fluctuate by** about five degrees Celsius, less than a **cold-blooded reptile**, but more than most mammals. These physical and behavioral adaptations minimize the sloth's **energy expenditure**, or **metabolic rate**.

Three-toed sloths have the slowest metabolism of any mammal. The giant panda is second slowest, and two-toed sloths come in third. Moving slowly has allowed sloths to **thrive** in their treetop **habitat**. But it's also made the sloths themselves a great habitat for other organisms, including **algae**, which provides a little extra **camouflage**, and maybe even a **snack**. Sloths may not be giant anymore, but that doesn't make them any less **remarkable**.

a multi-chambered stomach — желудок, состоящий из нескольких камер  
to take up — занимать (о пространстве)  
depending on — в зависимости  
to process a meal — перерабатывать пищу

a piece of the puzzle — часть головоломки, загадки  
to descend from something — спускаться с  
neighborhood — соседний  
unhurried — неспешный  
an approach to — подход  
muscle mass — мышечная масса  
to fluctuate (by) — колебаться в пределах  
a cold-blooded reptile — хладнокровная рептилия  
energy expenditure — расход энергии  
metabolic rate — скорость обмена веществ

to thrive — процветать  
a habitat — среда обитания  
algae /'ældʒi:/, /'æɪ.gi:/ — водоросли  
camouflage /'kæməflɑ:ʒ/ — маскировка  
a snack — закуска, перекус  
remarkable — впечатляющий, удивительный