



КОНТРОЛЬНАЯ РАБОТА №4 ПО ДИСЦИПЛИНЕ «ИНОСТРАННЫЙ ЯЗЫК (АНГЛИЙСКИЙ)»

Вариант 1

1. Прочтите и переведите текст:

HEALTH CARE IN RUSSIA.

The characteristic feature of health care in Russia is the attention paid to the prophylaxis. One of the main tasks is the fight against various diseases is the early detection of the first signs of the diseases. That's why much attention is paid to the health education of the population.

The primary medical care is provided by polyclinics. Modern polyclinics are large, they have their own laboratories and X-ray, physiotherapy (medical treatment), surgical and dental departments. There are polyclinics for adult patients and for children. Out-patients are seen at the polyclinics by district doctors.

The emergency ambulance service operates day and night and is free of charge. A person has to dial 03 for a doctor to come.

Specialized hospitals in big cities are for the treatment of particular diseases –infectious diseases and mental impairments, cancer, eye diseases and others. Nowadays there are a number of private diagnostic and consultation centers, general hospitals specialized clinics in Russia. Medical and health care is provided with compulsory and voluntary medical insurance programs set up by the State via [vaiə] private insurance companies.

Words:

1. health care-здравоохранение
2. district doctor-участковый врач
3. emergency ambulance service –скорая (неотложная) помощь
4. primary medical care- первичная медицинская помощь
5. to be equipped with- быть оборудованным чем-либо
6. mental impairment [im'preəmənt]-умственное расстройство
7. medical insurance - медицинское страхование

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Раннее выявление; санитарное просвещение, взрослые пациенты, участковые врачи, работает день и ночь, надо набрать 03, определенные заболевания, обязательное и добровольное страхование.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.



the attention paid to the prophylaxis; the fight against various diseases; polyclinics for adult patients and for children; are for the treatment of particular diseases.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What is the characteristic feature of health care in Russia?
2. Why is much attention paid to the health education of the population?
3. What is primary medical care provided by?
4. Is ambulance service free of charge in our country?
5. What are specialized hospitals for?

Ex.4 Write out 3 sentences from the text. Convert them into (Выпишите из текста 3 предложения. Преобразуйте их в:

- a) negative (отрицательные)
- b) interrogative (вопросительные)

Ex.5 Write out 5 verbs from the text and put them in: (Выпишите из текста 5 глаголов и поставьте их в...):

- 1) Present Simple
- 2) Present Continuous
- 3) Past Simple
- 4) Past Continuous
- 5) Present Perfect

Ex.6. Translate the sentences into Russian (переведите предложения на русский язык):

1. This is a good medicine for a cold.
2. He has a pain in his leg.
3. Mum asked him to take his temperature.
4. You should stay in bed and drink hot milk.
5. I have a terrible toothache, I should go to the dentist.
6. You should take this medicine 3 times a day.



Вариант 2

1. Прочтите и переведите текст:

HEALTH CARE IN THE USA

Health care system in the USA exists on three levels: the level of the family doctor, the medical institution or hospital and the United States Public Health Service. Not many Americans seek medical help from private doctors.

A private doctor, they call him a family doctor, gives his patients regular examinations and inoculations. In case professional care is needed, the family doctor arranges for the patient to see a specialist or to go to a hospital. The family doctor receives pay directly from the patient. Most physicians have private practices. They make use of the hospital's facilities whenever necessary. A family doctor either has his own private office or works with several other doctors in a so-called group practice.

Many Americans have no family doctor and they come directly to the hospital for all their medical needs. The hospital provides health care to the sick and injured. They have government-financed and private hospitals. The patients are admitted to hospitals or clinics staffed by consulting physicians, residents, interns and highly skilled nurses. The nursing staff is very important. Nurses and patients are in close contact throughout the patients' stay in the hospital. Social services are available to the patients and families regarding personal, emotional, and financial problems that may arise from continued illness or disabilities.

Most hospitals have the following major departments or units: surgery, obstetrics and gynecology, pediatrics and general medicine. They may also have trauma and intensive care units, neurosurgical and renal care units, and a psychiatric unit. The emergency room (unit) is a very special area in the hospital. The emergency patients receive immediate attention.

The cost of medical care in country is very high. Two thirds of the population has private health insurance. Some people have health insurance, life insurance (financial assistance for the relatives in case of death), disability insurance and retirement benefits at their place of employment. Most employees and their families now pay more than 50 per cent of the costs of health insurance. The great cost of medical care in the country and a lot of people who could not pay for it forced the federal government to develop two health insurance programs – Medicaid and Medicare.

Medicaid, started in 1966, is a federal program providing free medical care for low-income people, the aged, the blind and for dependent children.

Medicare, started in 1967, is a health insurance program for the elderly and disabled. It provides free medical care aged Americans over 65, for those who in the past had the greatest medical expenses.

The chief scientific problems facing USA medicine are: heart disease and cancer. The chief causes of suffering and death today are cancer and cardiovascular disease, including hypertension, stroke and atherosclerosis. Also much medical research is done on illnesses of aging, disabilities caused by arthritis, mental illness, drug addiction, and genetic problems.

Words:

1. private doctor – частный врач



2. to inoculate - делать прививку
3. inoculation – прививка
4. consulting physician – врач-консультант
5. disability - нетрудоспособность, инвалидность
6. retirement - пенсия
7. stroke - инсульт
8. Medicaid - социальная правительственная программа, обеспечивающая бесплатное медицинское обслуживание беднякам и инвалидам.
9. Medicare-правительственная программа, предусматривающая частичную оплату медицинского обслуживания престарелым за счет страхования, остальную часть – за счет государства.
10. dependent children - несовершеннолетние дети
11. the aged - пожилые
12. the blind - слепые
13. the disabled – инвалиды

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Здравоохранение; нуждаются в медицинской помощи; больницы, финансируемые государством; урологическое отделение; пособие по инвалидности; люди с низкими доходами; престарелые; бесплатная медицинская помощь; заболевания сердца; генетические проблемы.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To give regular examinations and inoculations; to arrange; to receive pay directly from the patient; private practices; the hospitals facilities; provides health care; highly skilled nurses; are in close contact; social services; emergency patients; health insurance; scientific problems.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What kinds of hospitals are there in the USA?
2. What duties does a private doctor have?
3. Who works at the American hospitals?
4. Do social services help people at the hospitals?
5. Do nurses work in close contact with patients?
6. What are the departments of hospitals?
7. Is the cost of medical care high in the USA?
8. Are there people who can't pay for medical care?
9. What are Medicaid and Medicare?
10. What are the main problems of medical science in the USA?

Ex.4 Write out 3 sentences from the text. Convert them into (Выпишите из текста 3



предложения. Преобразуйте их в:

- a) negative (отрицательные)
- b) interrogative (вопросительные)

Ex.5 Write out 5 verbs from the text and put them in: (Выпишите из текста 5 глаголов и поставьте их в...):

- 1) Present Simple
- 2) Present Continuous
- 3) Past Simple
- 4) Past Continuous
- 5) Future Simple
- 6) Future Continuous
- 7) Present Perfect

Вариант 3

1. Прочтите и переведите текст (письменно):

HEALTH CARE IN GREAT BRITAIN

In Great Britain the National Health Service (NHS) provides free medical care both in hospitals and in the out-patient clinic. Free emergency medical treatment is given to any visitor from abroad who becomes ill while staying in the country. But those who come to England specifically for treatment must pay for it.

The general practitioner services include the family doctor service, the dental service, the pharmaceutical service and the ophthalmic service. If a patient is dissatisfied with NHS or family doctor, or a dentist, he may change to another one. In fact, 97% of the population uses the NHS. It is necessary to say about the role of the family doctor (General Practitioner – GP), which is very important. As a rule, not all patients need highly specialized attention and GP does 90% or so of the total medical work. Family doctors work in close cooperation with the hospital doctors.

A patient in England may choose between NHS or private treatment. Many people who have enough money prefer to be private patients because they want to establish a closer relationship with the doctor and they do not want to be put in a large ward with other patients.

In big cities there are some private hospitals which people may use.

There are many small hospitals with only about 200 beds in Great Britain.

Most of them are housed in inconvenient buildings because they are over 100 years. They are not economical and cannot provide a full range of service which requires a district hospital of 800 beds or more. Now there are more than 150 big health centers in the UK. The first Scottish health center was opened in Edinburgh in 1953. Health centers are institutions where various medical services both preventive and curative are brought together.

Health centers provide all the special diagnostic and therapeutic services family doctors



may need, such as electrocardiography, X-ray, physiotherapy and good administrative and medical records systems. Health centers are the basis of primary care. They provide consultant services in general medicine, ear-nose-throat diseases, obstetrics and surgery, gynecology, ophthalmology, psychiatry and orthopedics. All consultations in the center are by appointment only. The patient is given a definite time at which to attend. Each doctor decides for himself how many patients he can examine in one hour.

The patient is the most important person in the health center and the doctors should direct all their energy towards helping him as much as possible.

Words:

1. To be dissatisfied - быть неудовлетворенным
2. Close cooperation - тесное сотрудничество
3. Enough - достаточно
4. Inconvenient – неудобный

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Национальная система здравоохранения; оказывается; население; как правило; нуждаться; работают в тесном сотрудничестве; индивидуальное лечение; быть помещенным; помещены, центр здоровья; рентгенологическое обследование; электрокардиограмма; основа; хирургия; только по назначению; определенное время; за час.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Our-patient clinic; free medical care; may change; highly specialized attention; to provide; a full range of service; are housed; preventive and curative; by appointment; a definite time; towards.

Ex.3 Answer the questions. Ответьте на вопросы.

1. Where does the NHS provide free medical care in Great Britain?
2. How do doctors help foreign visitors and citizens of the country?
3. What do the general practitioner services include?
4. Is GP's role important in GB? Why?
5. Why was it necessary to build new and big hospitals in Great Britain?
6. Health centers provide all special diagnostic and therapeutic services family doctors may need, don't they?
7. Can a patient come to the center without appointment?
8. Should doctors do their best to help patients as much as possible?

Ex.4 Write out 3 sentences from the text. Convert them into (Выпишите из текста 3 предложения. Преобразуйте их в:

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Вариант 4

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The primary medical care is provided by polyclinics. Modern polyclinics are large, they have their own laboratories and X-ray, physiotherapy (medical treatment), surgical and dental departments. There are polyclinics for adult patients and for children. Out-patients are seen at the polyclinics by district doctors.

The emergency ambulance service operates day and night and is free of charge. A person has to dial 03 for a doctor to come.

Specialized hospitals in big cities are for the treatment of particular diseases –infectious diseases and mental impairments, cancer, eye diseases and others. Nowadays there are a number of private diagnostic and consultation centers, general hospitals specialized clinics in Russia. Medical and health care is provided with compulsory and voluntary medical insurance programs set up by the State via [vaiə] private insurance companies.

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Ex.2 Find Russian equivalents. **Найдите русские эквиваленты.**

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- 1) Present Simple
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- 5) Future Simple
- 6) Future Continuous
- 7) Present Perfect

Ex.6 Translate the sentences into English **(переведите на английский язык):**

1. У меня болит живот.
2. Доктор сказал, что мне следует оставаться в постели.
3. У тебя простуда. Сходи к врачу и пройди медицинский осмотр.



Вариант 5

1. Прочтите и переведите текст:

HEALTH CARE IN THE USA

Health care system in the USA exists on three levels: the level of the family doctor, the medical institution or hospital and the United States Public Health Service. Not many Americans seek medical help from private doctors.

A private doctor, they call him a family doctor, gives his patients regular examinations and inoculations. In case professional care is needed, the family doctor arranges for the patient to see a specialist or to go to a hospital. The family doctors' receives pay directly from the patient. Most physicians have private practices. They make use of the hospital's facilities whenever necessary. A family doctor either has his own private office or works with several other doctors in a so-called group practice.

Many Americans have no family doctor and they come directly to the hospital for all their medical needs. The hospital provides health care to the sick and injured. They have government-financed and private hospitals. The patients are admitted to hospitals or clinics staffed by consulting physicians, residents, interns and highly skilled nurses. The nursing staff is very important. Nurses and patients are in close contact throughout the patients' stay in the hospital. Social services are available to the patients and families regarding personal, emotional, and financial problems that may arise from continued illness or disabilities.

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The cost of medical care in country is very high. Two thirds of the population has private health insurance. Some people have health insurance, life insurance (financial assistance for the relatives in case of death), disability insurance and retirement benefits at their place of employment. Most employees and their families now pay more than 50 per cent of the costs of health insurance. The great cost of medical care in the country and a lot of people who could not pay for it forced the federal government to develop two health insurance programs – Medicaid and Medicare.

Medicaid, started in 1966, is a federal program providing free medical care for low-income people, the aged, the blind and for dependent children.

Medicare, started in 1967, is a health insurance program for the elderly and disabled. It provides free medical care aged Americans over 65, for those who in the past had the greatest medical expenses.

The chief scientific problems facing USA medicine are: heart disease and cancer. The chief causes of suffering and death today are cancer and cardiovascular disease, including hypertension, stroke and atherosclerosis. Also much medical research is done on illnesses of aging, disabilities caused by arthritis, mental illness, drug addiction, and genetic problems.

Words:



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Ex.1 Find English equivalents. Найдите английские эквиваленты.

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Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To give regular examinations and inoculations; to arrange; to receive pay directly from the patient; private practices; the hospitals facilities; provides health care; highly skilled nurses; are in close contact; social services; emergency patients; health insurance; scientific problems.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What kinds of hospitals are there in the USA?
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Вариант 6

1. Прочтите и переведите текст:

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The general practitioner services include the family doctor service, the dental service, the pharmaceutical service and the ophthalmic service. If a patient is dissatisfied with NHS or family doctor, or a dentist, he may change to another one. In fact, 97% of the population uses the NHS. It is necessary to say about the role of the family doctor (General Practitioner – GP), which is very important. As a rule, not all patients need highly specialized attention and GP does 90% or so of the total medical work. Family doctors work in close cooperation with the hospital doctors.

A patient in England may choose between NHS or private treatment. Many people who have enough money prefer to be private patients because they want to establish a closer relationship with the doctor and they do not want to be put in a large ward with other patients.

In big cities there are some private hospitals which people may use.

There are many small hospitals with only about 200 beds in Great Britain.

Most of them are housed in inconvenient buildings because they are over 100 years. They are not economical and cannot provide a full range of service which requires a district hospital of 800 beds or more. Now there are more than 150 big health centers in the UK. The first Scottish health center was opened in Edinburgh in 1953. Health centers are institutions where various medical services both preventive and curative are brought together.



Health centers provide all the special diagnostic and therapeutic services family doctors may need, such as electrocardiography, X-ray, physiotherapy and good administrative and medical records systems. Health centers are the basis of primary care. They provide consultant services in general medicine, ear-nose-throat diseases, obstetrics and surgery, gynecology, ophthalmology, psychiatry and orthopedics. All consultations in the center are by appointment only. The patient is given a definite time at which to attend. Each doctor decides for himself how many patients he can examine in one hour.

The patient is the most important person in the health center and the doctors should direct all their energy towards helping him as much as possible.

Words:

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Our-patient clinic; free medical care; may change; highly specialized attention; to provide; a full range of service; are housed; preventive and curative; by appointment; a definite time; towards.

Ex.3 Answer the questions. Ответьте на вопросы.

1. Where does the NHS provide free medical care in Great Britain?
2. How do doctors help foreign visitors and citizens of the country?
3. What do the general practitioner services include?
4. Is GP's role important in GB? Why?
5. Why was it necessary to build new and big hospitals in Great Britain?
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Ex.4 Write out 3 sentences from the text. Convert them into (Выпишите из текста 3 предложения. Преобразуйте их в:

- a) negative (отрицательные)



b) interrogative (вопросительные)

Ex.5 Write out 5 verbs from the text and put them in: (Выпишите из текста 5 глаголов и поставьте их в...):

- 1) Present Simple
- 2) Present Continuous
- 3) Past Simple
- 4) Past Continuous
- 5) Future Simple
- 6) Future Continuous
- 7) Present Perfect

Вариант 7

1. Прочитайте и переведите текст (письменно). Выполните задание после текста:

When we are ill, we call a doctor. When we have a headache, a stomachache, a sore throat, a cold, or a pain in some parts of the body, we call a doctor. He takes our temperature and our pulse. He examines us and says what the matter is with us. The doctor prescribes medicine, and gives us a prescription. However, if you have burnt or some bad injuries you should stay at home, call to emergency medical aid and just wait it.

If you follow the doctor's orders, you get better. We must obey the doctor, if we want to get better. If we have a temperature, we must stay in bed and take the medicine he prescribes. If we cannot get better at home, we must go to hospital.

2. Find these sentences in the text and write them

Он измеряет нашу температуру; он осматривает нас и говорит в чем дело; если нам не становится лучше; когда мы боеем; надо слушаться доктора; врач выписывает нам лекарства; мы звоним доктору; боль в горле; боли в теле; он выдает нам рецепт.

3. Определите тип заболевания и дайте совет больному человеку:

1. If a little boy cut his finger. What he should do?
2. If person has a sore throat and a bad cough. What he should do?
3. If the person has a burnt. What he should do?

4. Переведите слова и выражения на английский язык:

1. Желудок	1. Головная боль
2. Горло	2. Насморк



- | | |
|------------------|-----------------|
| 3. Зубы | 3. Доктор |
| 4. Лекарство | 4. Чихать |
| 5. Боль в животе | 5. Сломать ногу |

5. Заполните пропуски нужными словами. Переведите предложения на русский язык:

A) Little. Few. Many. Much

1. Robert wrote so ... letters that he's never going to write a letter again.
2. She ate so ... ice-cream that she's going to have a sore throat.
3. His father earned ... money, but he enjoyed his job.
4. She loves teaching English very ...
5. There are ... cookies in the box.

B) Some. Any.

1. I would like ... spaghetti.
2. There aren't ... good restaurants in this town.
3. We bought ... tea.
4. They wouldn't like ... cake more.
5. Could I have ... water, please?

Ex.6 Write out 3 sentences from the text. Convert them into (Выпишите из текста 3 предложения. Преобразуйте их в:

- a) negative (отрицательные)
- b) interrogative (вопросительные)

Ex.7 Write out 5 verbs from the text and put them in: (Выпишите из текста 5 глаголов и поставьте их в...):

- 1) Present Simple
- 2) Present Continuous
- 3) Past Simple
- 4) Past Continuous
- 5) Future Simple
- 6) Future Continuous
- 7) Present Perfect

Вариант 8

Ex.1. Прочитайте и переведите текст (письменно). Выполните задание после текста:

People nowadays are more thinking about their health. They understand that good health is above wealth.



To be healthy we should avoid different bad habits that can affect our health. For example, smoking and drinking do our life shorter. Smoking makes your teeth yellow and skin unhealthy.

Eating unhealthy food or even overeating is not quite worse as smoking or drinking alcohol, but they also affect our health.

The better way to stay healthy and to keep fit is by going in for sports. To be healthy, it is also very important to spend a lot of time in the open air, sleeping eight or nine hours a day and regular meals. Also it is useful to go for a walk before going to bed, or to air the room.

Ex.2 Find these sentences in the text and write them (найдите в тексте русские эквиваленты и выпиши их):

Здоровье дороже богатства; лучший способ быть здоровым; они также вредят нашему здоровью; проветривать комнату; различные вредные привычки; делает нашу жизнь короче; также очень важно; нездоровая кожа; чтобы поддерживать себя в форме; прогулка перед сном.

Ex.3. Определите тип заболевания и дайте совет больному человеку:

1. If a little boy broken his leg. What he should do?
2. If person has a flu. What he should do?
3. If the person has a cold. What he should do?

Ex.4 Переведите слова и выражения на английский язык:

1. Сердце	1. Боль в спине
2. Легкие	2. Лихорадка
3. Порезать палец на руке	3. Грипп
4. Обжечься	4. Печень
5. Больное горло	5. Температура

Ex.5. Заполните пропуски нужными словами:

A) Little. Few. Many. Much

1. Does your sister read ...? - Yes, she does.
2. He has so ... books, but he doesn't read them.
3. I know very .. about this writer.
4. The pupils of our class ask ... questions at the lesson.
5. Every day he spends ... time preparing for his lessons.

B) Some. Any.

1. Could you pass me ... salt, please?
2. I haven't got ... sweets.
3. There are not ... cafes in our country.
4. I need have ... snack, because I'm very hungry.



5. These children want ... fruit.

Ex.6 TEST Match Russian and English equivalents. (сопоставьте слова с их переводом)

1. poison	a) пристрастие, пагубная привычка
2. a habit	b) лишний вес
3. a nutrient	c) болезнь
4. overweight	d) привычка
5. a disease	e) питательное вещество
6. addiction	f) яд

Fill in the gaps. (Заполните таблицу. Вставляя правильные формы прилагательных.)

Positive	Comparative	Superlative
1.	more widely	most widely
2. badly	worse	
3.	better	best
4. little		least
5.	more happily	most happily

Choose the correct answer. (выберите правильный вариант ответа)

- Fast food is very dangerous ... our health.
 - for
 - to
 - at
- I can eat hamburgers every day ... lunch and dinner.
 - on
 - with
 - for
- Sam gets ... at 7 o'clock to go swimming every morning.
 - on
 - up
 - down
- Fast food looks nice and tastes nice because ... artificial colours, flavourings and preservatives.
 - to
 - of
 - with
- To be healthy you need 8-10 hours ... sleep every day.
 - of
 - at
 - up

Fill in the gaps with the adjectives in the comparative degree. (Заполните пробелы прилагательными в сравнительной степени.)

good strong happy long easy

The more you exercise, the (1) _____ you are. The stronger you are, the (2) _____ your health will be and the (3) _____ it will be to cope with work load and stress. The better your health is, the (4) _____ you are. The happier you are, the (5) _____ you will live.



What do you do to live a long and happy life? Write 6-10 sentences. _____

Ex.4 Write out 3 sentences from the text. Convert them into (Выпишите из текста 3 предложения. Преобразуйте их в:

- a) negative (отрицательные)
- b) interrogative (вопросительные)

Ex.5 Write out 5 verbs from the text and put them in: (Выпишите из текста 5 глаголов и поставьте их в...):

- 1) Present Simple
- 2) Present Continuous
- 3) Past Simple
- 4) Past Continuous
- 5) Future Simple
- 6) Future Continuous
- 7) Present Perfect

Вариант 9

Ex.1. Прочитайте и переведите текст (письменно). Выполните задание после текста:

Healthy Habits

Healthy lifestyle has gotten in our cultural behavior big time and everyone understands that if you have healthy habits you improve your living.

There are 2 main habits that you have to follow if you choose to follow healthy lifestyle or it's often called healthy lifestyle (ZOZH). The first one is healthy eating. If a person doesn't eat healthy then all the other habits will be useless. If you are eating healthy you must consume less salt and sugar as well as fats. And you should consume as much fruits and vegetables as possible, at least 500 grams a day. The second main thing is to do sports. Such sports as jogging, gymnastics, fitness, swimming, yoga, aerobics, bike riding etc are among the important ones in healthy lifestyle. It is a good practice to do some exercises in the morning as well.

Besides these 2 main healthy habits I can highlight some others that are not as important but necessary. The first one is daily routine. Good night sleep is very important for your body. Experts suggest that you need to sleep 7-9 hours a day but not more than that.

The next healthy habit is personal hygiene. Yes, it's very important too. Wash you hands before eating food, brush your teeth, take baths and so on are not just words but are very useful habits that can save you from different diseases and infections.

And the last habit that I mention the last one but it should be the first one is to stop smoking and drinking alcohol. But this is out of question because if a person smokes or drinks alcohol then he can forget about healthy lifestyle. Only after he quits these bad habits then he can start taking care of his health.



Ex.1 Find English equivalents. Найдите английские эквиваленты.

Здоровый образ жизни, улучшать жизнь, правильное питание, заниматься спортом, режим дня, личная гигиена, полезная привычка, бег трусцой, плавание, фитнес, аэробика, велоспорт, заболевание, инфекция, фрукты, овощи.

Ex.2 Answer the questions. Ответьте на вопросы.

- 1) What 2 habits are the main ones for a healthy lifestyle?
- 2) Is it necessary to limit the use of salt and sugar with a healthy diet?
- 3) How many grams of fruits and vegetables per day should a person consume?
- 4) Is a good night's sleep important for a person?
- 5) How many hours of sleep is recommended by specialists?
- 6) What else can protect a person from various infections and diseases?
- 7) What is a useful, but no less important habit for a healthy lifestyle?

Ex.3 Write out 3 sentences from the text. Convert them into (Выпишите из текста 3 предложения. Преобразуйте их в:

- a) negative (отрицательные)
- b) interrogative (вопросительные)

Ex.4 Write out all the numerals from the text and write them in letters (Выпишите из текста все числительные и напишите их буквами):

Ex.5 Write out 5 verbs from the text and put them in: (Выпишите из текста 5 глаголов и поставьте их в...):

1. Present Simple
2. Present Continuous
3. Past Simple
4. Past Continuous
5. Future Simple
6. Future Continuous
7. Present Perfect

Вариант 10

Ex.1. Прочитайте и переведите тексты (письменно). Выполните задание после текста:

Text №1 «Influence of Food»

Food we eat also influences our health. Nowadays people are very busy and they often eat in fast food restaurants as they don't have time to cook. Fast food is unhealthy. It is very rich



in calories (fatty) and has a lot of additives. This food gives a lot of energy. But if you don't work it out (**израсходовать**), it becomes fat in your body. The same is with chocolates, cakes and sweets. They have much fat and sugar.

People should get rid of a habit of eating fast food and get into a habit *of* eating organic food such as fruit, vegetables and fish.

There are other bad habits, which can ruin our health. It is smoking, drinking alcohol and using drugs.

Text №2 «Our Health»

Our health depends on many things: our physical activity, the food we eat and our good and bad habits. Although a lot of people are interested in staying healthy, not many people do very much about it. Modern way of life when people have little physical activity, use cars instead of walking, watch television and work on computers for many hours is quite dangerous for their health. People's health also influences their mood.

There are many opportunities to stay healthy and be fit and one of them is going in for sports. But you needn't be a professional sportsman. Just simple regular exercises give you energy and help you feel and look better.

Exercises that involve repeated movements such as are walking, jogging or swimming are the best. Bending and stretching which are practiced in aerobics or yoga make your body flexible and light. The cheapest and most popular sport is jogging. If you don't have time for it, make small changes like using stairs instead of the lift or walking or cycling instead of taking the bus and it can help you to improve your health and make you a more active person.

Also it is very important to get rid of bad habits. The worst ones are smoking and drinking alcohol. Smoking doesn't only causes heart and lung problems but also makes your teeth yellow and skin unhealthy.

Food we eat also influences our health. A lot of people like drinking Coca-Cola and coffee and enjoy pizza and hamburgers. But what is tasty is not healthy. You should avoid eating in fast food restaurants and make it a rule to cook meals at home using organic food as much as possible.

Only a healthy man can enjoy his life, work well and be happy. There are proverbs "**Health is better than wealth**" and "**Early to bed and early to rise makes a man healthy, wealthy and wise**".

Ex.1 Find English equivalents. Найдите русские эквиваленты.

healthy way of life, bad/ unhealthy habit, take care of your health, influence our health, improve health, ruin health, be overweight, live a regular life, do harm, get rid of a bad habit, food with additives, put on weight, live a regular life, an early riser

Ex.2 Find English equivalents. Найдите английские эквиваленты.

нездоровый образ жизни, завести привычку, вести правильный образ жизни, регулярно заниматься упражнениями, мало двигаться, быть на диете, поправиться, похудеть, поставить



за правило, быть в добром здравии и прекрасном настроении, тот, кто поздно встает, предпочитает натуральную еду

Ex.3 Answer the questions:

1. Why do people care about healthy way of life nowadays?
2. How does our health depend on our lifestyle?
3. What can people do to stay healthy? What do you personally do?
4. Is sport a hobby or a part of your everyday life?
5. Is sport popular in your family? Do your parents do sports regularly?
6. Why is it important to exercise every day?
7. What bad habits do you know? Why are they dangerous?

Ex.4 Write out 3 sentences from the text. Convert them into (Выпишите из текста 3 предложения. Преобразуйте их в:

- a) negative (отрицательные)
- b) interrogative (вопросительные)

Ex.5 Write out 5 verbs from the text and put them in: (Выпишите из текста 5 глаголов и поставьте их в...):

- 1) Present Simple
- 2) Present Continuous
- 3) Past Simple
- 4) Past Continuous
- 5) Present Perfect