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Exercises

Exercise 1.

A: Fill the gaps with a suitable word.

1. I hit my hand on the desk and it really _____ .
2. They say she died of heart _____.
3. She had some apples that weren't ready to eat and now she's got stomach-_____.
4. I've got this terrible _____ in my neck from sleeping in the wrong position.
5. He died of _____ cancer even though he never smoked a cigarette in his life.
6. I went to the doctor and she gave me a _____ for some tablets.
7. Pollution makes her _____ worse and it's difficult for her to breathe.
8. There are different forms of hepatitis; one is more serious _____ than the other.
9. I hurt _____ when I fell off that chair.
10. My back _____ from sitting at the computer all day.

B: Fill in the blanks with the words below. You may use each word only once.

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|----------------------|-----------------|------------------|----------------|
| <i>activity</i> | <i>children</i> | <i>dietary</i> | <i>energy</i> |
| <i>lean</i> | <i>nursing</i> | <i>nutrients</i> | <i>people</i> |
| <i>products</i> | <i>rapidly</i> | <i>tissue</i> | <i>include</i> |
| <i>well-balanced</i> | <i>person</i> | | |

Special Diets

Certain groups of _____ such as young children or older people have

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special needs. Because _____ grow _____, they need food not only to replace worn-out tissues and provide _____ but also to build new _____.

A child's diet should _____ milk and milk _____ eggs, _____ meat, poultry, fish, fruits, vegetables, and cereals.

A _____ diet is important to the older _____ as it is to the child. Older people need as many _____ as young adults. But if their _____ is reduced, they will need fewer calories. Expectant or _____ mothers and babies also need special diets.

Exercise 2.

Give one word for the following.

1. a person who makes patients' appointments with the doctor ;
2. a piece of paper which specifies the medicine for curing your illness;
3. a place where the patients come for the check-up;
4. a prearranged time for somebody to come;
5. a paid number of days given to you by your office when you are ill;
6. a sick person who is treated by a local physician;
7. a sort of medicine which can cure you of cold;
8. a pain in your head which you have felt for a long time;
9. to make a sick person healthy again;
10. to take all clothes to the waist;

Exercise 3.

Paraphrase the italicized words.

1. The cough *became very bad*.
2. I think she's *running a high temperature*.

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3. She said she *was feeling sick*.
4. *I phoned up* on local doctor's office and asked them *to arrange for* my checkup.
5. You should *do whatever the doctors tell you*.
6. Everybody said that you looked *very healthy*.
7. The doctor told me I should take the medicine so *that* I would get better.
8. They *checked her blood pressure*.

Exercise 4.

Match each sentence or word in the left-hand column with the best meaning in the right-hand column.

- | | |
|-----------------------|---|
| 1. bandage | a) a place where people stay when they are ill |
| 2. hospital | b) a pain in a tooth or teeth |
| 3. surgeon | c) condition of the body and mind |
| 4. medicine | d) continuous pain in the head |
| 5. health | e) a strip of material for binding round a wound |
| 6. headache | f) a doctor who performs operations |
| 7. a cold in the head | g) a common illness of the nose/running nose |
| 8. toothache | h) the art and science of the prevention and cure of disease. |

Exercise 5.

Match the diseases with their symptoms:

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|-----------|---|
| Flu | swollen glands, earache or pain on eating |
| Pneumonia | swollen, painful joints, limited movement |

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Rheumatism	rash starting on body, slightly raised temperature
Chickenpox	dry cough, high fever, chest pain, rapid breathing
Mumps	headache, aching muscles, fever, cough, sneezing

Exercise 6.

Find out some information about common health problems:

What's the matter?	How do you know? (the symptoms)	Cause of illness
I've got a cold	a sore throat, sneezing, cough	a virus
I've got flu	symptoms for a cold + aching	a virus
I've got diarrhea	I keep going to the toilet	often food, or a virus
I feel sick	I want to vomit	much e. g. food, alcohol
I've got hay fever	sneezing, running nose, sore eyes	allergic reaction to pollen from grass

Exercise 6.

Write down the main symptoms for these conditions.

1. flu _____
2. a cold _____
3. hay fever _____
4. diarrhea _____
5. asthma _____
6. sea sickness _____

Exercise 7.

Write situations: what does the doctor do or prescribe when you...

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- Catch a cold
- Suffer from insomnia
- Have heart complains
- Suffer from diarrhea
- Everything reels before your eyes
- Have an allergy
- Break a bone

Exercise 8.

Explain your friend what medical problems he/ she will have if he/ she...

- Wears shoes that rub
- Eats too fast
- Eats food that is bad
- Stays too long in the sun
- Gets wet on a cold day
- Plays football
- Speak aloud all the time
- A mosquito bites him
- Doesn't sleep at night
- Doesn't do morning exercise

Exercise 9.

Do you think the following sayings are true? Have you heard similar expressions? Do you agree or disagree with them?

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Here are some common ideas about food:

- eating carrots is good for the eyes.
- fish is good for your brain.
- eating cheese at night makes your dream.
- garlic stops you getting cold.
- drinking coffee stops you sleeping.
- yoghurt makes you healthy.
- an apple a day keeps the doctors away.
- a hot milky drink helps you go to sleep.
- a cup of tea revives you.
- crusty bread makes your hair curl.
- brown eggs taste better than white ones.