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Texts

Text 1.

First Aid Procedures

Read the text and match the word with the correct first response.

Minor injuries or illness can become serious if no one gives first aid. Even if a person needs to go quickly to a doctor, you can help in the first few minutes.

For serious burns: If the burn isn't too large, wash it in cold water. Pat it dry and cover it with a clean bandage if the skin is open. Give aspirin for pain. Call a doctor for large or deep burn.

For broken bones: Do not touch or move the bones. If there are wounds too, do not wash them, but stop bleeding if necessary. Call a doctor.

For serious bleeding: Do not wash the wound. Press on it with a clean bandage, cloth or towel. Lift the wound above the heart if possible. Call a doctor or other medical worker, he/she will take off the bandage and wash the wound.

For poisoning: Children sometimes eat or drink things they shouldn't. Look for a bottle nearby so you know what poison it is. Do not give the person anything to eat or drink. Call a doctor.

For unconsciousness: If you can't wake a person up after an injury or the beginning of illness, call a doctor.

For shock: Make the person lie down with the feet a little higher than the head. Keep the person warm. Do not give fluids. Call a doctor.

1. bruise	a. press with a clean bandage
2. poisoning	b. call a doctor
3. nosebleed	c. do not touch or move them
4. burn	d. wash with cold water
5. broken bones	e. lean forward and pinch nostrils
6. bleeding	f. put ice on it

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7. unconsciousness	g. find the bottle and call a doctor
8. shock	h. make the person lie down

Text 2.

Healthy Way of Life

Read the text and do the tasks after it.

Healthy way of life has become much more popular today than it used to be. Nowadays people realize that if you are in perfect health you can have more pleasures in life. For millions of people around the world, regular exercise and a balanced diet are now part of their daily lives. Dozens of magazines enlighten the readers about the essentials of the healthy life style.

The most important thing is regular exercise, which helps people to stay fit. Fit people live longer, healthier lives than unfit people - especially unfit people, who also smoke, drink or take drugs. Fitness reduces the risk of heart attacks, increases strength and stamina. You sleep better and don't get tired so easily. Fitness helps you to lose weight, to increase the tone of your muscles, makes you feel happier and more positive. Fit people do not only feel good, they look good, too.

In order to stay fit some people jog, cycle or swim, while others prefer to workout in gyms, do aerobics or play team sports. But even if you are too pressed for the time to avoid a 20-minute energetic exercise, you can walk to your work every day instead of taking a taxi; you should ignore the lift and climb the stairs if your flat is not too high up.

Another important issue is food. Healthy food advocates prefer to grill rather than to fry food. Avoid eating too much sugary, salty or fatty food and try to have a portion of fresh fruit every day. Don't eat junky food which is served in fast-food restaurants. It doesn't have any nutritional value and leads to extra weight.

Health-conscious people should also try to accustom their body to cold. It is especially advisable for those who are subject to chills, coughs and sore throats. They should take a cold shower or have a cold rub-down every morning. This will invigorate their body and keep them from catching cold.

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Smoking and alcohol are absolutely incompatible with the healthy lifestyle. Smoking is not just a bad habit. The latest medical investigations have proved that it results in many lung diseases and leads to cancer. As for alcohol abuse, its evils are social, professional and family life. Both health and character are often ruined.

Unfortunately, today the whole humanity is facing one more serious problem - drugs. Drugs damage people, especially young people, more than anything else. Increasing number of teenagers suffer from the effects of heroin addiction. The result is nearly always the same: broken life and early death.

Another acute problem is obsession with television and the Internet. Information is becoming a new drug of the century. We are witnessing the rise of the generation of dataholics and the Internet addicts. Children, for example, spend more time glued to a PC or TV screen than interacting with their friends. This quest for information can lead to stress, depression or severe illness. We were not built for sitting at a desk all day. If we don't get the exercise our body wants, then things can go badly wrong.

Some people are healthy eating and sporty type. Others destroy themselves with cigarettes, alcohol and junk food. In each case it is we who make the choice. And if you feel that you should change your lifestyle, start today!

1. Complete the following sentences:

- Dozens of magazines inform the readers about ...
- Avoid eating too much ...
- Junk food is not healthy because ...
- Health conscious people should ...
- Smoking and alcohol are ...
- Increasing number of teens suffers ...
- Children spend more time in front of ...
- If we don't get exercise enough ...
- Some people destroy themselves with ...

10. In any case we have to ...

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2. Read the text again and make notes under the following headings:

- Reasons for popularity of the healthy way of life.
- Essentials of the healthy lifestyle.
- Dangers of smoking and alcohol abuse.
- Obsession with information as a new disease of our time.
- Style of life we can choose from.

Text 3.

Lifestyle and Health

1. Read the text to decide if each statement is correct or incorrect. If it is correct, mark T on your answer sheet. If it is incorrect, mark F on your answer sheet.

Today we do little more than attack the symptoms of disease often at disastrous costs to the patient's health. Drugs are not capable of curing disease, all they achieve is a suppressive or palliative effect, and all drugs are potentially dangerous. Many thousands of people are suffering from drug induced disease, which in many cases is far worse than the actual symptoms the drugs are prescribed for. The science of nutrition attacks the root cause by nourishing the body in order that the trillions of cells will have the means to repair themselves.

Major research efforts will begin one day on this nutritional approach and when this happens medical science will be heading in more positive directions. Meanwhile there is no need for you to wait any longer for this medical revolution to come about .The dietetic principles can slow down the ageing process and return many who were once ill to improved health and well-being.

Of course not everyone will achieve the age of one hundred, but at least middle age need no longer be that time of life when we think we will begin to feel better in time. You, not fate, the doctor, heredity, environment, or society are primarily responsible for your level of health and fitness, which diseases you develop, how you respond to illness and your lifespan.

Your daily living habits determine your state of health and fitness. The living habits most important to health and fitness are those associated with

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nutrition, smoking, physical exercise, relaxing, life situations such as occupation, family, relationships, and so on. The concept of optimum health fitness is based on the conviction that the responsibility for personal health rests primarily on the individual and is not the responsibility of the health service. The degree of health and vigour, the avoidance of disease and the longevity we achieve are almost entirely determined by what we do each day of our lives. In other words by our lifestyle.

Proper exercise, a nutritious diet in the correct amounts, abstinence from cigarettes, drugs and alcohol and a positive mental outlook will promote good health and long life. Specific nutrients, foods, herbs or elixirs have special life-prolonging powers. Without doubt our good health and a long life are a consequence of one's overall lifestyle.

Statements:

1. Drugs can cure any disease.
2. The science of nutrition studies the cause of a disease.
3. It's possible to slow down the ageing process.
4. The fact is that everyone who follows the nutritional approach will achieve the age of 100.
5. Society and doctors are responsible for our level of health and fitness.
6. Our state of health depends on our daily living habits.
7. The degree of our health is determined by our lifestyle.
8. Our lifestyle is the things we do every day.
9. Positive mental outlook is very important for good health and long life.
10. We can't say that specific nutrients, foods, herbs have life prolonging powers.

2. Look through the text once more and try to make a list of basic causes of disease and premature ageing.

Text 4.

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The Laws of Health

1. Comment on the following quotations.

" Perfect health, like perfect beauty, is a rare thing, and so, it seems, is perfect disease. "(Peter Latham)

“The first wealth is health.” (Emerson)

2. You are going to read the article about the laws of health. Some parts of the text are missing. Choose from the list (A-M) the most appropriate part for each gap (1-10) in the article. There are two extra parts that you do not need to use. There is one example at the beginning (0).

One of the first duties we owe to ourselves is to keep our bodies (0) ____J____. If our body (1) _____ any disorder, our mind suffers with it, and we are unable to make much progress in knowledge, and we are unfit to perform those duties which are required of us in social life.

There are certain laws of health and they are (2) _____that even a child can learn them. A constant supply of pure fresh air is to good health.

Perfect cleanliness is also essential. The whole body should be washed (3) _____. The skin "breathes" the way the lungs do. Therefore it should always be clean.

Besides (4) _____ health, there is a great charm in cleanliness. We like to look at one who is tidy and clean. If the skin is kept clean, the teeth thoroughly brushed, hair neatly combed, and the fingernails in order, we feel pleased with the person.

A certain amount of exercise is necessary (5) _____in perfect condition. All the powers (mental and bodily) are strengthened by use and weakened by disuse. Therefore labour and study should succeed each other. The best way of getting exercise is to engage in some work that is useful and at the same time interesting to the mind. It is most essential for the old and the young to do morning exercises with the windows open in your room or, if possible, in the open air.

Remember that exercises warm, invigorate and purify the body. Rest (6)_____ to the health of both body and mind.

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The best time for sleep is during (7) _____ of the night.

Late hours are very harmful to the health as they exhaust the nervous system. We should go to bed early and get up early. It is a good rule to "rise with the lark and go to bed with the lark."

Most essential to our body is food. But be moderate in eating. If you eat slowly, (8)_____. Never swallow your food whole - you are provided with teeth for the purpose of chewing your food.

Thus we must remember that moderation in eating and drinking, reasonable hours of labour and study, regularity in exercise, recreation and rest, cleanliness and many other essentials lay (9)_____ good health and long life.

Is there anything more important than health? If your body suffers from any disorder your mind suffers with the body, too. You can't be good either at work or at studies. (10) _____ lead to irritation, nervous breakdown, exhaustions, and apathy.

- you will not overeat
- is also necessary
- deserve attention
- aches and pains
- the foundations for
- to keep the body
- the darkness and stillness
- you need help
- as often as possible
- in perfect health
- its importance to
- so simple
- suffers from

0	1	2	3	4	5	6	7	8	9	10
J										

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Text 5.

Some Things That Can Make You Feel Better...

Read the text and look at the statements below to decide if each statement is correct or incorrect. If it is correct, mark T on your answer sheet. If it is incorrect, mark F on your answer sheet.

These days most doctors and scientists agree that our physical health is closely related to our psychological well-being.

- Some researchers consider that even a brisk ten-minute walk every day can help in overcoming depression.
- According to experts, companionship and social support are vital to both our psychological and physical well-being. Modern researches emphasize the importance of group social activities in clubs, churches, etc. These positive relationships improve our self-esteem, which is necessary to our physical and mental health. Recent research shows that people who spend more time with others actually get fewer cold and viruses than those who stay at home on their own.
- One more surprising piece of research found that people who regularly watch soaps on TV are happier than those who don't. Psychologists believe this is because such programs provide viewers with an imaginary set of friends and a sense of belonging to a community.
- Many scientists these days believe that indulging in life's little pleasures - a chocolate bar, a shopping trip, etc. - can improve your health because of the psychological lift it gives you. Professor David Warburton says, "There is a lot of truth in the old saying" a little of what you fancy does you good".
- Feeling like underdog can damage your health. Depression is far more likely to cause backache than heavy lifting. Professor Warburton believes that one of the greatest health threats comes from negative feeling such as depression or guilt.
- Scientists have known for some time about a form of depression caused "by lack of light in winter. The depression can be overcome by illuminating homes with lights three times brighter than usual.

Statements:

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1. Our psychological well-being depends on our physical health.
2. Walking can help us to overcome depression.
3. Taking part in group social activities is very important for our psychological and physical well-being.
4. People who prefer a secluded way of life are healthier than those who spend more time with others.
5. It is found that watching soap operas on TV influences our psychological well-being negatively.
6. If you indulge in your life's little pleasures - it's OK.
7. Negative feelings can ruin our health.
8. It's doubtful that lack of light in any season can cause depression.

TEXT 6.

Why do People Drink?

According to the recent mass media survey Ukrainian teenagers drink more alcohol beverages than their contemporaries in other countries.

- Can you name reasons why teenagers drink alcohol beverages?
- What do you think of alcohol beverages advertisement?
- Is drinking beer as safe as some of teenagers consider?
- Do you know how alcohol influences our health/body?

We propose you to read some alcohol myths.

Why Do People Drink?

Research studies show that most people drink:

- to feel "high" or to have a good time;
- to enhance social occasions;
- to get "drunk";
- to escape from problems;
- to relieve stress and promote relaxation;
- to enjoy the taste of alcohol.

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How Does Alcohol Affect the Body?

Alcohol enters the bloodstream and circulates to all body tissues and organs within a few minutes. It is carried directly to the brain and depresses almost every brain function. The effects of too much alcohol include:

physical

- increased heart rate; decreased heart muscle function;
- elevated skin temperature;
- slurred speech;
- lack of coordination;
- headache, fatigue;
- nausea and vomiting;
- stomach ulcers;
- poor concentration;
- confusion, disorientation, stupor;
- impaired judgement;
- feeling of fear and anxiety.

Alcohol Myths

Myth: GETTING DRUNK IS FUNNY.

Fact: Maybe in the films ... but not in real life. Drunkenness is no funnier than any other illness.

Myth: PEOPLE ARE FRIENDLIER WHEN THEY ARE DRUNK.

Fact: Maybe. But they're also more hostile, more dangerous, more-criminal, more homicidal, and more suicidal. 64% of all murders are alcohol-related. And 60% of all suicides.

Myth: IT'S IMPOLITE TO TELL A FRIEND HE'S DRINKING TOO MUCH.

Fact: Maybe if we weren't all so polite, we wouldn't have so many friends with drinking problems.

Myth: IT'S RUDE TO REFUSE A DRINK.

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Fact: Nonsense. What is rude is trying to push a drink to someone who doesn't want it. Or shouldn't have it.

Myth: ALL THAT PUBLICITY ABOUT DRINKING AND DRIVING IS...

Fact: True. At least half the road accidents involve drinking.

Text 7.

Reasons to Give Up Smoking

1. Answer the questions:

- Does anyone of your relatives or friends smoke?
- What do you think of smoking and people who smoke?
- Do you like the street boards with the cigarette advertisement?
- Do you know anything about “passive smoking“?
- Do you know that there is a law forbidding smoking in public places? Is it necessary?

2. Read the text which may contain interesting information for you.

The consequences of smoking may seem very far off to many teens, but long-term health problems aren't the only hazard of smoking. Nicotine and the other toxins in cigarettes, cigars, and pipes can affect a person's body quickly, which means that teen smokers experience many of these problems:

- **Bad skin.** Smoking can prevent oxygen and nutrients from getting to the skin – which is why smokers often appear pale and unhealthy.
- **Bad breath.**
- **Bad-smelling clothes and hair.** The smell of stale smoke tends to linger - not just on people's clothing, but on their hair, furniture, and cars. And it's often hard to get the smell of smoke out.
- **Reduced athletic performance.** People who smoke usually can't compete with nonsmoking peers because the physical effects of smoking - like rapid heartbeat, decreased circulation, and shortness of breath - impair sports performance.

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- Greater risk of injury and slower healing time. Increased risk of illness. Studies show that smokers get more colds, flu, bronchitis, and pneumonia than nonsmokers. And people with certain health conditions, like asthma, become more sick if they smoke (and often if they're just around people who smoke). Because teens who smoke as a way to manage weight often light up instead of eating, their bodies lack the nutrients they need to grow, develop, and fight off illness properly.

Text 8

Vegetarians

1. Read the text; express what you think about it. Use the phrases for help given below.

The word "vegetarian" was coined in about 1840 to mean people who lived without killing for food either for moral or health reasons, or both. But the practice is much older than that. Greek philosophers recommended vegetarianism to famous people. Those who have practiced it in the past, include Leonardo da Vinci, Tolstoy & Voltaire, Milton, Newton & Bernard Shaw. Surely this proves that mental activity does not depend on flesh foods. What are the arguments that might stop us eating meat?

Man's body is more like those of fruit-eating animals (such as our "cousins" the apes) that like those of flesh-eating animals. For millions of years man must have lived on fruit, nuts & leaves & so developed a digestive system. Perhaps the more we move away from this diet towards meat-eating, the less likely we are to be healthy. Cancer, tuberculosis & heart diseases are certainly more common in meat-eating communities. Man may have started eating the flesh of animals during the Ice Age when most of the vegetation was destroyed. A diet of vegetables, fruit, grains & nuts together with a few dairy products can give us all the vitamins & minerals we need. By eating meat we are getting the basic food elements secondhand after they have been digested by the animal. It is worth considering how wasteful meat-eaters are with land. A meat-eater needs to take care about himself & his animals. For *every* 45 kilos of dry food eaten by cattle only 1,8 - 7,3 kilos come back as food for us humans - an expensive method of producing food.

- It is simply nonsense, because ...

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- I partially agree with it ...
- I quite disagree with the text...
- It's a silly idea, because...
- I don't believe any word, because...
- It's a good idea but...
- I don't like this staff, because ...
- I'm completely for everything I've just read.
- It's very important, that...
- It's interesting, that...

3. Answer the questions:

- What do you think of vegetarian diets?
- Is it possible for everyone to keep on such a diet?
- Is it necessary to do so?
- Should a person check with her/his doctor first, if it is advisable to do so or not?

4. Write arguments for and against a vegetarian diet:

Pros

Cons

Text 9.

Herbal Teas

1. Answer the questions:

- What is your favourite beverage?
- Do you drink much coffee?
- What coffee/ tea brands can you name?
- Have you ever drink any of herbal teas? What can you say about it?

2. Read the text to learn some interesting information.

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We all are familiar with the traditional cups of tea, coffee, and cocoa, but these drinks contain large amounts of caffeine and tannin, both of which can be harmful to your health if taken frequently. But there are different tasty beverages that positively benefit our health.

Drinking a herb tea means that you are absorbing the goodness of healthgiving plants and being refreshed at the same time. There are hundreds of different varieties.

You can buy herb tea bags but it's much more interesting to buy the herbs loose and experiment with different combinations to suit your own taste.

Here are some examples of herbal tea combinations.

Rose Hip and Hibiscus. Both contain generous amounts of vitamin C. The tea made from these is a deep rich red and has a citrus taste. Delicious hot or cold.

Peppermint and Hibiscus. This is a delightful hot or cold.

Lemon Verbena. The tea made from this is very delicate. When you prepare this tea, remember to leave it to stand in the teapot covered for 2 minutes only. The tea is then at its best. Standing any longer makes the tea bitter.

Camomile. Good for calming the nerves. Great for babies when teething and wakeful. Serve with a little honey if you wish.

Basil and Orange. Many of you will, no doubt, have used basil cooking but this herb makes a lovely tea when mixed with orange peel.

Rooibos Tea

Naturally caffeine-free and rich in a variety of minerals, Rooibos tea is the perfect beverage for healthy active people of all ages. Unlike coffee and regular tea, it is also low in tannin, a substance which may affect the body's metabolism by interfering with iron and protein absorption. The mineral content of Rooibos is an added benefit - iron, potassium, zinc, manganese and sodium may help to maintain healthy skin, teeth and bones.

- Rooibos is completely pure and natural as it contains no additives, preservatives or colourants.
- Rooibos contains significant antioxidants that can help fight free radicals.

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- Rooibos tea is a pick-me-up in the morning, an excellent thirst-quencher during the day and at night.

Text 10.

Uncommon Use of Common Foods

- *What is your favourite fruit?*
- *Think of any fruit you like and make an advertisement of it like as if you were: a doctor*

a seller

a farmer

a dietitian

- *Read the text*

Food is the medicine which creates essential energy in the body and creates essential rest. That is the beauty of the food.

There are many different foods, but that food which sustains you will always give you more joy in life. Any food which pushes you is going to kill you. You don't grow old by years, you grow old by food.

Many foods have remarkable healing properties. Modern science is just now beginning to research the use of simple foods in preventing and overcoming illness. The knowledge of the qualities and properties of many foods can help bring awareness to our daily eating habits that can improve all aspects of our life.

There is some information that might be interesting and helpful about some very essential and very common foods in your diet.

ALMONDS: A handful of almonds eaten with honey gives you energy and preserves youth. They are easily digested, but it is best to eat them just after a meal.

APPLES : It is one of the most beneficial foods God has blessed us with. Apple juice is a great blood purifier. Apples also prevent tooth decay. Apples are great nerve and brain food, having a calm and relaxing effect. An apple in the morning will overcome weakness in the body.

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BANANAS: It is one of the most highly regarded foods in India. Bananas should be eaten when fully ripe; there should be little brown specks on the skin, which should have no green at all. This ripened fruit is a perfect food for people of all ages. Bananas are a good source of quick energy. When they are eaten with milk they are an almost completely balanced food. The healthiest part of a banana is the stringy white pulp on inside of the peel. It is easily scraped off with a spoon. This has the creative power to balance the metals in the body and also has vitamin A.

GRAPES: They are a good blood purifier. They are a good source of energy. A diet of only grapes has been successfully used to detoxify the body and transform the bloodstream, overcome chronic diseases. Green grapes can be eaten for a clear complexion. They are rich in vitamin C.

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