

Health is Better than Wealth. Part 1

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Тема: " HEALTH IS BETTER THAN WEALTH"

(7 клас)

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Part I To be fit

Task 1 Answer the questions:

1. What does it mean to be fit?
2. What do you need to be fit?

Task 2 Fill the missing words in the list of advice on keeping fit:

(around, healthy, healthy, regularly, before, regularly, teeth, thin, enough, smoke, sweets, fat, shower, body, clean, clean, early, well)

1. Eat Choose ... food.
2. Don't always sit ...
3. Exercise ...
4. Keep your clothes ... and change them ...
5. Take care of your ... Keep it ... and ...
6. Have ... sleep. Go to bed
7. Never
8. Wash your hands ... you eat.
9. Take a cool or cold
10. Clean your ... every morning and every evening.
11. Too many ... are bad for you especially for your teeth.
12. Too little food makes you Too much food makes you

Task 3 Answer the questions:

1. How often should you **exercise**?
1. What **daily habits** should you have?
2. How often should you change your **underwear**?
3. How often should you change your **socks**?
4. How often should you change your **jeans/ trousers/ skirt**?
5. How often should you change your **shirt / blouse**?
6. How often should you wash your **hands**?
7. How often should you wash your **body**?

8. How often should you wash your **hair**?
9. How often should you trim your **nails**?
10. How often should you have a **hair-cut**?

11. How often should you clean your **teeth**?
12. How often should you change your **toothbrush**?

13. What **food** should you eat?
14. What **six things** does our body need to be healthy and to grow?
15. What do **carbohydrates**[kɑ:(r)bʊhɑɪdreɪts] give us?
16. What do **fats** give us?
17. What does **fibre**[faɪbə(r)] give us ?
18. What do **proteins**[prəʊti:nz] give us?
19. What do **minerals**[mɪnərəlz] give us?
20. What do **vitamins**['vɪtəmi:nz, AM vaɪt-] give us?

Task 4 What products contain carbohydrates / fats/ fibre/ proteins/ minerals/ vitamins?



Task 5 Who are healthy people?

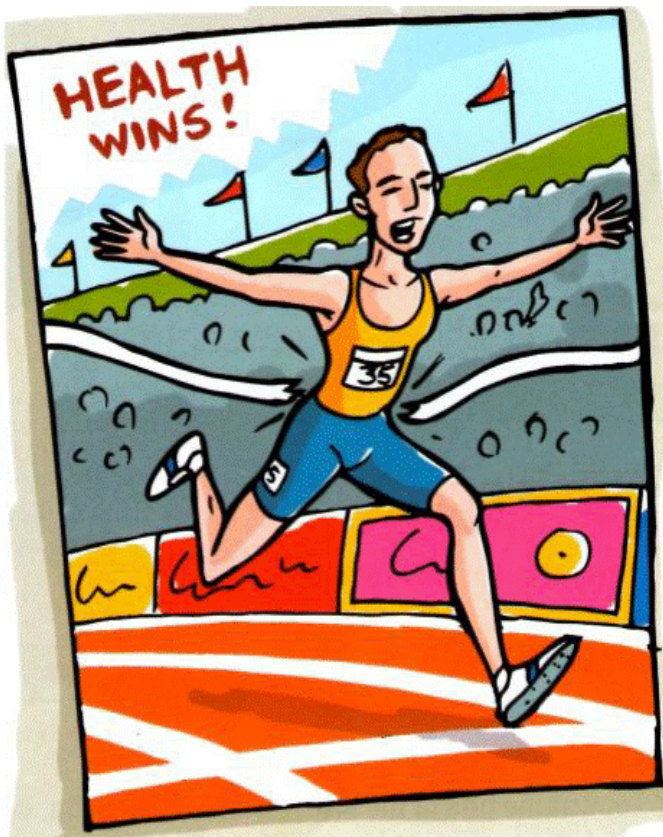
1. Healthy people are **free from pains**.
2. Healthy people are **free from aches**.
3. Healthy people are **free from illnesses**.
4. Healthy people are **free from diseases**.
5. Healthy people are **free from injuries**.
6. Healthy people are **free mentally**.
7. Healthy people are **active**.
8. Healthy people are **optimistic**.

9. Healthy people are **energetic**.
10. Healthy people are **friendly**.
11. Healthy people are **sporty**.
12. Healthy people are **resistant to diseases**.
13. They have **flexible bodies**.
14. They have **strong bodies**.
15. They have **guts**.
16. They have **stamina**.
17. They have **agility**.
18. They have **endurance**.
19. They look **attractive**.
20. They look **young**.
21. They look **attractive**.
22. They look **happy**. (Etc.)

Task 6 What bad habits should we avoid to be healthy, young, attractive and happy?



Task 7 What are the **main rules of keeping fit and healthy?**



Task 8 Read the text and answer the questions below it.

Healthy habits

Sport helps us **become healthy and strong**. It keeps us in **a good mood**. Do you remember the proverb, "A sound mind in a sound body"? If you do morning exercises, you feel well during the day. Physical exercises **keep us fit** and we **look attractive**. Everybody knows that physically inactive people become older much quicker. So **sport prevents us from growing old**. In my opinion sport is necessary in our lives because it **develops many good qualities** such as agility, endurance, stamina and collective spirit. Personally, I have PT lessons at school, do morning exercises, play basketball, volleyball and tennis.

All of us want to be healthy. If you want to feel well, **don't smoke, don't take drugs, don't drink alcohol**. Smoking and drinking of alcohol are harmful for our health. Taking drugs is dangerous for us. You should **go to bed early** and **get up early**: you'll look and feel fresh. It's good to be active and to **spend a lot of time outdoors**. If you have a country house and work there once or twice a week- it's great. **Physical work** and **fresh air** will do you good. Keep to a diet of salad and fruit. Don't eat too much. **Eat healthy food**, try to **avoid junk food**. They say that the **ecologically pure environment** plays an important role in our life too. We must try to save our health and to be resistant to diseases. So, follow these pieces of advice if you want to live long and happy life.

agility - спритність, жвавість

endurance [ɪndjʊərəns] витривалість, тривкість

stamina [stæmɪnə] витривалість,

resistant [rɪzɪstənt] стійкий до ...

Why do people go in for sport?

What are the main rules of keeping fit?

Part II Medical service

Vocabulary

a) Patient's complaints ([kəmpleɪnts] скарги).

- **Something is wrong with my eye/ear...** - У мене болить око/вухо...
- **To hurt** - завдавати болю, пошкоджувати/ боліти (про частину тіла)
- **Pain** - біль (гострий, раптовий), **to have/to feel a pain in the heart**
- **Ache** [eɪk] - біль (безперервний, суцільний = a continuous pain), боліти (про частину тіла)
- **Headache** [ˈhedeɪk] головний біль **to have a (slight/bad/terrible/splitting) headache**
- **Toothache** [tuːθeɪk] - зубний біль

- **Ear-ache** [iəreɪk] - біль в вусі
- **Back-ache** [bækəkeɪk] - біль в спині
- **Stomach-ache** [stʌməkeɪk] - біль в шлунку/животі
- **Heartache** [hɑːteɪk] - душевний біль; **heart pain** - серцевий біль
- **Sore** [sɔː] - хворий, запалений (**to have a sore throat/finger/leg...**)
- **Cold** - застуда, **to catch a cold** - застудитися, **to have a cold** - хворіти на застуду
- **To have (a) cold in the head** - мати нежить
- **Cough** [kɔːf] - кашель, кашляти, **to have a /slight bad cough**
- **Sneeze** - чхати, **sneezing** - чхання, **a runny/running nose** - нежить
- **Fever** [fiːvə(r)] - лихоманка (**to have a fever**)
- **Watery eyes** - сльозотеча
- **Temperature** [temprɪtʃə] **to have a high/low/normal temperature; to take one's temperature** - температура, мати високу/низку/нормальну температуру; міряти температуру
- **36.6 - thirty-six point six**
- **Blood pressure** [blʌd preʃə(r)] - кров'яний тиск. **to have high pressure**
- **To suffer from sleeplessness** - страждати на безсоння
- **To break a leg / an arm/an ankle...**- зламати ногу, руку, щиколотку
- **To fracture/ fracture** [fræktʃə(r)] - зламати/тріщина, перелом кості
- **To sprain** - розтягувати (зв'язки), вивихнути
- **Wound** [wʌnd] рана, поранення, поранити
- **To injure, injury** [ɪndʒə(r) ɪndʒəri] - (по)шкодити, пошкодження/рана/забите місце, **to get an injury**
- **A blister** - пухир
- **A bruise** [bruːz] - синець
- **A bump** - гуля
- **A scald** [skɔːld] - опік від окропу чи пари
- **A burn/ to burn** - опік від вогню або тепловий, опікти
- **A scratch/ to scratch** - подряпина, подряпати
- **A cut/ to cut** - поріз/ порізати, **to cut one's finger**
- **Food poisoning** - харчове отруєння
- **To bleed** - кровоточити

Speak about your health problems using the example.

I feel terrible. I've got a runny nose and a sore throat. My whole body aches and I've got a fever as well. My doctor told me to stay in bed and drink plenty of fluids and that's exactly what I'm going to do.

Task 9 Learn the rhymes by heart

“I don’t want”

Every time **I have a headache**
Mama takes me to the doctor.
Every time **I have a headache**
Mama takes me to the doc.

I have a headache,
I have a headache,
I don’t want to go to bed.

I have a headache,
I have a headache,
I don’t want to go to bed.

Every time **I have a stomachache**
Mama takes me to the doctor.
Every time **I have a stomachache**
Mama takes me to the doc.

I have a stomachache,
I have a stomachache,
I don’t want to eat my lunch.

I have a stomachache,
I have a stomachache,
I don’t want to eat my lunch.

Every time **I have a toothache**
Mama takes me to the doctor.
Every time **I have a toothache**
Mama takes me to the doc.

I have a toothache,
I have a toothache,
I don’t want to clean my teeth.

I have a toothache,
I have a toothache,
I don’t want to clean my teeth.

“I feel terrible”

I’ve got a **headache.**
I’ve got a **headache.**
I don’t want to go to bed.

I’ve got a **fever.**
I’ve got a **fever.**
I don’t want to do my homework.

I’ve got a **stomachache.**
I’ve got a **stomachache.**
I don’t want to eat my lunch.

I’ve got a **blister.**
I’ve got a **blister.**
I don’t want to see my sister.

Every time I get a **headache,**
Mama takes me to the doctor.
Every time I get a **fever,**
Mama takes me to the nurse.

Every time I get a **toothache,**
Mama takes me to the dentist.
Every time I see the dentist,
I always come home feeling worse.

Task 10 *What health problems has the bear got?*



1



2



3



4



5



6



- a. **Backache**
- b. **Bruise**
- c. **Bump**
- d. **Cut**
- e. **Earache**
- f. **Fever**
- g. **Fracture**
- h. **Headache**
- i. **Heart pain**
- j. **Running nose**
- k. **Sore throat**
- l. **Stomachache**
- m. **Toothache**

a) **Names of diseases.**

Illness [ɪlnəs] - **disease** [dɪzi:z] - хвороба

illness: the state of being ill (f.e. His illness prevented him from going to school.)

disease: a particular kind of illness with special symptoms and name.

The gripe = the flu /the flue	[grip]	грип
' influenza'	[ɪnfluɛnzə]	
Measles	[mi:z(ə)lz]	кір
Pneumonia	[nju:mɒniə]	запалення легенів
Scarlet fever	[skɑ:(r)læt fi:və(r)]	скарлатина
Tuberculosis (TB)	[tju:bɜ:(r)kjʊlʊsɪs]	туберкульоз
Allergy	[ælə(r)dʒi]	алергія
Red rash	[rɛd ræʃ]	висип
Cancer	['kɑnsər]	рак
Quinsy	['kwɪnzē]	ангіна
Bronchitis	[brɒŋkaɪtɪs]	бронхіт
Asthma/bronchial, cardiac	[æsmə, AM æz-]	астма/бронхіальна,серцева
Abscess	[æbses]	абсцес
appendicitis	[əpɛndɪsaɪtɪs]	апендицит

b) Examining a patient ([reɪ(ə)nt] хворий)

- **Examine/examination** - оглядати/огляд хворого
- **To sound one's chest/lungs/heart** - послухати грудну клітку/ легені/серце
- **To X-ray one's chest** - просвітлювати рентгенівськими променями грудну клітку
- **To feel one's pulse /quick, slow, weak** - щупати пульс / швидкий, повільний, слабкий
- **To see one's tongue** - оглядати язик
- **To check one's blood pressure** - виміряти кров'яний тиск
- **To take one's blood test** - робити аналіз крові (**high, low pressure**)
- **Breath** [breθ] - дихання, **to breath** [bri:ð] - дихати
- **Diagnose** [daɪəɡnoʊz] - діагностувати, **diagnosis** [daɪəɡnoʊsɪs] - діагноз (What's the doctor's diagnosis?)
- **Disease (slight/ serious/ curable/ incurable/ catching disease)** - хвороба (в легкі й формі/важка/виліковна/невиліковна,заразна)
- **To die of a disease / to die from wounds-** померти від хвороби/від ран
- **Complications after a disease-** ускладнення внаслідок хвороби

c) Medical advice and medical treatment

- **To be ill /to be sick** (the USA)- хворіти
- **To be taken ill/ to fall ill (with the gripe, measles, etc.)** - захворіти (на грип, кір ...)
- **To treat smb for some disease** - лікувати від якоїсь хвороби (**f.e.** He was treated for the gripe.) **treatment** - лікування
- **To cure smb. of some disease** - вилікувати, зцілювати від якоїсь хвороби

- **To recover** - одуживати, **recovery** - одуження
- **Sick-leave/sick-list , to be put on a sick-list** - відпустка через хворобу
- **To keep one's bed/ to stay in bed/ to keep smb in bed** - дотримуватись постільного режиму/ прописати постільний режим
- **To be in hospital** - лікуватися в лікарні
 - **To give smth for the flu (one's cough, headache, etc)** - дати щось від грипу (кашлю, головного болю) **flu=flue**
 - **To take smth for the flu (one's cough, headache, etc.)** - прийняти

щось від грипу

- **Prescribe [prɪskraɪb]/ prescription [prɪskrɪpʃ(ə)n]** - приписати/припис, рецепт
- **To take a table (dessert, tea) spoonful of smth** - прийняти столову

(десертну, чайну) ложку чогось

- **To put a compress** - поставити компрес
- **Diet - to be on a diet, to keep a diet** - дієта, дотримуватись дієти
- **Operate, to be operated on** - оперувати
- **To fill/to stop a tooth** - запломбувати зуб
- **To pull (out) a tooth** - витягти зуб
- **To nurse** - доглядати за хворим