

**МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
НАЦІОНАЛЬНА АКАДЕМІЯ ПЕДАГОГІЧНИХ НАУК УКРАЇНИ
НАУКОВО-МЕТОДИЧНИЙ ЦЕНТР ВФПО
ЖИТОМИРСЬКИЙ МЕДИЧНИЙ ІНСТИТУТ ЖОР**

ІНОЗЕМНА МОВА

**Методичні рекомендації до практичних занять освітнього компонента
«Іноземна мова за професійним спрямуванням (англійська мова)»**

**КОНКУРС «Педагогічний ОСКАР - 2024»
НОМІНАЦІЯ. Сучасні дидактичні підходи
до організації практичної підготовки
здобувачів освіти у закладі фахової
передвищої освіти.
ГАЛУЗЬ ЗНАНЬ 22 «Охорона здоров'я»
СПЕЦІАЛЬНІСТЬ 223 «Медсестринство»**

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Методичні рекомендації до практичних занять освітнього компонента «Іноземна мова за професійним спрямуванням (англійська мова)» розроблені для здобувачів освіти, які отримали базову початкову підготовку з англійської мови та набули мінімальний словниковий і граматичний запас для ведення мовленнєвої діяльності в контексті професійної сфери спілкування.

Рекомендовано рішенням Вченої ради Житомирського медичного інституту Житомирської обласної ради, протокол № 11 від «17» травня 2023 р.

ПЕРЕДМОВА

Глобальні за своїми масштабами інноваційні процеси, що відбуваються у системі вищої освіти, вимагають переходу в навчанні від традиційного пасивного накопичення суми знань до вмотивованого засвоєння здобувачами методів здобуття наукової інформації та вмінь реалізовувати свої знання в професійній діяльності. В зв'язку з цим освітній процес у сучасному закладу вищої освіти має бути спрямований на підготовку всебічно сформованого спеціаліста, мобільного на ринку праці, полімовного та інформаційно грамотного. Мова йде, власне, про перебудову вищої професійної освіти, про необхідність використання таких інтерактивних форм і методів навчання, які б активізували комунікативну, пізнавальну і творчу діяльність здобувачів, забезпечували формування знань та умінь, необхідних для майбутньої професійної діяльності. Знання іноземної мови відкриває безліч перспектив і допомагає оволодіти професією краще.

Викладання іноземної мови в ЗВО здійснюється з урахуванням специфіки навчання, широкого використання різноманітних її форм, спонукання студентів до активної самодіяльності, моделювання і розв'язання професійних ситуацій, вдосконалення професійних умінь й особистісних якостей майбутніх фахівців в процесі включення їх в активну професійну діяльність.

Викладання іноземної мови за професійним спрямуванням передбачає комплексну реалізацію формування іншомовної компетенції студентів медичних ЗВО.

Методичні рекомендації можуть бути використані здобувачами освіти та викладачами іноземної мови в межах підготовки майбутніх фахівців за спеціальністю 223 "Медсестринство" освітнього ступеня бакалавр, фаховий молодший бакалавр.

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Health Problems? Get Rid of Them!

Vocabulary Section

List of suggested words and phrases:

To improve – to make something better, or to become better

To wrap – to put paper or cloth over something to cover it

Fluctuation – a change in a price, amount, level

Chiropractic – the treatment of physical problems by pressing on and moving the bones in someone's back and joints

Massage – the action of pressing and rubbing someone's body with your hands, to help them relax or to reduce pain in their muscles or joints

To nourish – to give a person or other living thing the food and other substances they need in order to live, grow, and stay healthy:

larynx - an organ in humans and animals between the nose and the lungs that contains the muscles that move very quickly to create the voice or animal sounds

ENT - ear, nose and throat



Part 1

Warm-Ups

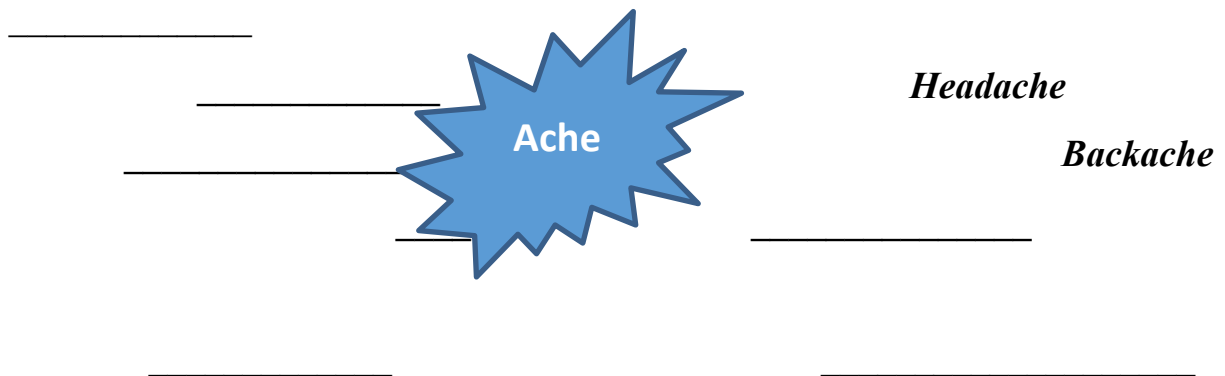
Task 1. Work in pairs. Use the questionnaire to interview your partner.

- When was the last time you went to the doctor/hospital? Why did you go?
- How often do you have a medical checkup?
- Have you had any vaccines? If so, against which diseases? Are you afraid of needles?
- Does your country have good medical healthcare?
- How can the environment influence on someone's health?
- When was the last time you had a headache?
- Do you care if you have a terrible headache? What do you do in this case?
- What can you advice against migraine?

Task 2. Match the English idioms in the left column with their meaning in the right. Illustrate the meanings of the English idioms by your own example.

1) heads will roll	a) to be silly or crazy;
2) hit the nail on the head	b) feel proud of something you describe the exact nature of something such as a problem, a solution, or a situation;
3) hold your head high	c) you start something ahead of others or with an advantage over others;
4) a head start	d) people are going to lose their jobs after making a mistake;
5) have rocks in one's head	e) too difficult for someone to understand.

Task 3. Complete the mind map adding as many words connected with "ache" as you can.



Task 4. Read the following text carefully and complete it with the missing words from the box.

excessive	massage	blood sugar	wheat
related causes	liver stress	Skull	eliminating

Does Your Headache Start in Your Gut?



According to the World Health Organization two thirds of all men and more than 80 percent of women in developed countries around the globe suffer from migraine headaches.

If you suffer from headaches, you may have tried a number of different approaches to get relief from your headaches including over the counter or prescription drugs. You may have even experimented with alternatives such as chiropractic, 1) _____ and acupuncture, but find that your headaches return.

One highly effective approach for 2) _____ headaches, which you may not have considered, is to test for food intolerances and improve your digestion. There's an important link that many people do not consider between headaches and digestion.

Many headaches develop a pattern that goes something like the following: The headache may start as tight muscles at the base of the 3) _____ and neck. The pain may then spread up the back of the head or around one side of the head. Sometimes the pain may wrap around the head behind or above the eyes like a hatband. Your pain level may vary and can be anything from a dull ache, to what many describe as a full-blown migraine headache. This type of headache is most often associated with fluctuations in 4) _____ or mineral imbalances that occur when your digestion is compromised. The good news is that if you scientifically modify your diet versus guessing at which foods cause your headache, and improve your digestion, you'll be able to eliminate most of these headaches.

Some people experience headaches where there's pain at the top of the skull. Often these headaches are the result of bowel toxicity and 5) _____. You may have even experienced one of these "hangover" headaches after a night of 6) _____

drinking or eating too many rich foods. Improving digestion, elimination, and nourishing the liver can help you prevent these types of headaches.

Certain foods may trigger your headache. Migraine triggers include aged cheeses, red wine, chocolate and cured or smoked meats. You may find that excessive amounts of coffee or sugar give you a headache. A recent study showed that a large percentage of subjects got headaches when they consumed 7)_____ and gluten products.

Determining which foods cause your headaches can be a frustrating process, because you may be intolerant to several different foods. Thus eating a small amount of a food that you are intolerant to may not produce any symptoms, but small amounts of several foods that you are intolerant to may produce symptoms. Hence finding which foods you are intolerant to may be like hunting for a needle in a haystack.

Addressing food and digestion 8)_____ of your headaches might just be the best thing that you'll ever do for your health.

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Task 5. through the text and find key sentences.

Task 6. Check whether you were attentive while reading the text.

A) Answer the questions about the text.

1. What can cause a terrible headache?
2. What food triggers headaches?
3. What are headache location, duration and character?
4. Can migraines be prevented?
5. What are the treatment options? How effective is each treatment option?

B) Decide whether the following facts are true or not. If not, correct them.

1. There is no wonder that women and men in developed countries don't suffer from migraine headaches.
2. A headache is a continuous pain in the skull and neck.
3. Headaches which respond to food and other common ingestible substances are at least partially related to digestion.
4. During a tension headache, there may be muscle tightness in specific parts of the head, skull and neck - these areas are uncomfortable and often painful.
5. People who suffer from tension headaches say they feel like a tight band on the head.
6. The pain is usually light and covers most of the head.

7. Headache remedies include eating aged cheeses, chocolate and cured or smoked meats.
8. A good diet might help reduce the intensity and frequency of your headaches.

C) Complete the sentences.

- 1) If a headache occurs two or more times a week for several months or longer....
- 2) The pain in your head may occur
- 3) Certain ... are also common headache triggers.
- 4) A night of heavy eating may cause ...
- 5) Patients who change their eating habits ...
- 6) Headache is one of the symptoms of low blood sugar ...

Task 7. Match the words and phrases from the first column with their corresponding explanation from the second column. Write down Ukrainian equivalents.

<ol style="list-style-type: none"> a) Relief b) To eliminate c) Digestion d) Frustrating e) Alternative medicine f) Over the counter g) Acupuncture h) To vary i) To fluctuate 	<ol style="list-style-type: none"> 1) a feeling of happiness that something unpleasant has not happened or has ended; 2) is medicine bought from a shop without visiting a doctor first; 3) a treatment for pain or illness in which thin needles are positioned just under the surface of the skin at special points around the body; 4) the process by which your body digests food; 5) to differ from each other; 6) to change, especially continuously and between one level or thing and another; 7) to remove or take away someone or something; 8) making you feel annoyed or less confident because you cannot achieve what you want; 9) a range of treatments for medical conditions that people use instead of or with western medicine.
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Professional development

Task 8. Think about 5 important questions to ask your doctor about the causes of headaches

1) _____.

2) _____.

3) _____.

4) _____.

5) _____.

Task 9. Do your own research, look for some information and write a short report “Does the quality of life differ among headache diagnoses?”

Useful Language for Writing a Report

The aim of this report is ...

A significant number ...

The majority of those questioned ...

People complain ...

This indicates ...

This illustrates ...

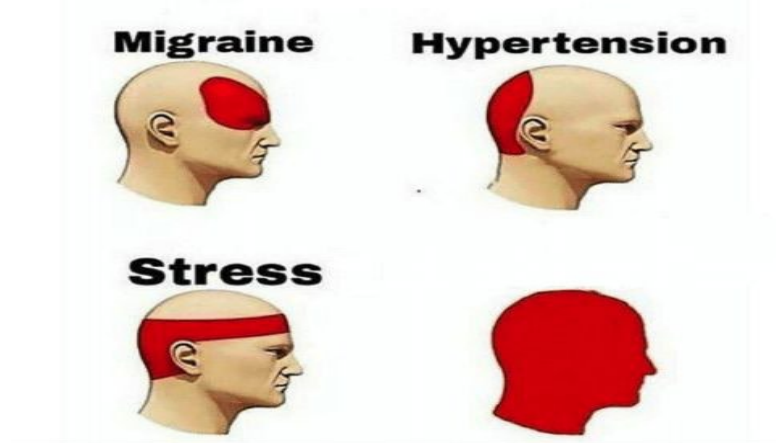
This fact shows ...

Generally ...

To sum up, ...

All things considered ...

Types of Headaches



Part II

Warm-Ups

Task 1. Work in pairs. What do you think about these facts and statistics?

- 75% percent of total health care spending in the United States in 2007 went towards the treatment of chronic diseases, such as diabetes and asthma.
- Patients with chronic diseases focus on their health and get involved in their own care, their health improves and health expenses decrease.
- An office desk has 400 times more bacteria than a toilet.
- 10 percent of all human beings ever born are alive at this very moment.
- You have more bacteria cells in your body than human cells.

Task 2. Work with the jazz chant.

- 1) Look at the pictures below, can you guess about what the text will be?
- 2) Read it carefully.
- 3) Underline all health problems mentioned in the jazz chant.
- 4) Talk about parts of the body used in the jazz chant.
- 5) Create your own jazz chant.



I twisted my ankle

Ow! What happened?

I was lifting a heavy bag and I hurt my back!

Ow! What happened?

I was changing a light bulb and I got an electric shock!

Ow! What happened?

I was slicing an onion and I cut my finger!

Ow! What happened?

I was making some tea and I burned my hand!

Ow! What happened?

I was climbing a ladder and I fell off and broke my leg!

Vocabulary Section

Task 3. Put the missing letters in and translate the words.

A c_ld To twist _nkle

The fl_ To br_ak arm

A fe_er To c_t finger

A co_gh To h_t head

A b_m To see the d_ctor

A h_ad	To see the dentis_
A to_th	To stay _n bed
A backa_he	To pres_ribe
A hea_t	To give a pres_ription
A stoma_h	To take some _spirin
Ble_ding	To use _ye drops
A s_re throat	To drink lots of li_uids
In_omnia	To put some o_ntment on...
Insect b_te	To put a heating p_d on...
Infec_ion	To apply a m_stard plaster to
High bl__d pressure	To go to the dr_gstore
First _id kid	To lo_k after...
Capsules/tabl_ts/pi_ls	To be depre_sed
Pai_	To feel a_ful
A r_nning nose	To have an opera_ion
An amb_lance	To take in_ections
A spr_in	To put a stretch b_ndage



Practical tasks to do

Task 4. Read the following sentences carefully and complete them with the missing words and phrases from the box.

<i>Ambulance</i>	<i>runny nose</i>	<i>infection</i>	<i>insomnia</i>	<i>pills</i>
<i>stay in bed</i>	<i>injection</i>	<i>insect bite</i>	<i>fever</i>	<i>sore throat</i>

1. Most sleeping _____ are "sedative hypnotics.
2. Sick people always _____ while they are ill.
3. I have a _____ when i have tonsillitis.
4. There are several things you can do to relieve pain and itching and prevent infection from an _____ .
5. Smallpox is a catching disease marked by _____ and small red spots on the body and often leaves marks.

6. After I've had that _____ of tonic I feel quite cured of all my ailments
7. A cold usually includes a _____, sore throat, sneezing, and coughing
8. Nina had to be taken by _____ to hospital.
9. _____ can be a disorder in its own right, but often it is a symptom of some other disease or condition.
10. A viral _____ is any type of infection that is caused by a virus.

Task 5. Provide three symptoms of each health problem.

Food poisoning

--	--	--

Heart attack

--	--	--

Flu

--	--	--

Allergic reaction

--	--	--

Appendicitis

--	--	--

Chicken-pox

--	--	--

Task 6. What advice would you give in the following situations? Complete the sentences.

a) If Leo cuts his finger with a knife he should

b) If a child has got a bruise his mom should

c) If your groupmate has the flu she should

d) If your sister burnt her hand she should

e) If Alice's grandma has a headache

f) If you hurt your leg

you should _____

g) If your friend puts on weight

h) If you have a fever

you should _____

i) If Tom has an eye infection he should

j) If you need glasses you should

Task 7. Fill in this table with a proper treatment and imagine the reason of each problem. Share with your partner what you wrote.

Injury	Cause	Treatment
A broken arm		
A bruise		
A dislocated shoulder		
A sting		
A burn		
Concussion		
A black eye		
A sprained wrist		
Back injury		

Task 8. Read the situations below, try to ask the following questions and fill in your answers:

1) After Kate heard about that serious diagnosis she felt herself down all the time.

Why _____ ?

What _____ ?

Did _____ ?

2) Like all children, Tomas also had the chickenpox in his early childhood.

Did _____ ?
What _____ ?
When _____ ?

3) The doctor has felt middle-aged lady's pulse and was surprised.

Has _____ ?
Why _____ ?
Why _____ ?

4) The children burnt their hands while cooking dinner.

Have _____ ?
When _____ ?
What _____ ?

5) Lucy's husband fell out of the window and hit his head on the ground.

Who _____ ?
Where _____ ?
What happened _____ ?
Why _____ ?

Task 9. Explain the meaning of the following words. Consult English-English dictionary if necessary.

1. A blister _____.
2. A bruise _____.
3. A rash _____.
4. A syringe _____.
5. A stretcher _____.
6. An injection _____.

Task 10. Read the situations and circle the odd one out:

1. To disinfect a bruise, you need

- a) antiseptic b) cotton c) sticking plaster d) alcohol

2. Hana's got flu. She shouldn't

a) stay in bed b) drink hot milk c) take antibiotics d) relax

3. My grandma can't hear well. She should

a) visit a specialist b) play loud music c) use a hearing aid d) check her ears

4. Tom needs glasses because of his

a) squint a) short-sightedness c) myopia d) deafness

5. Before buying some glasses, you have to visit the.....

a) a specialist b) ENT specialist c) ophthalmologist d) optician

6. My uncle smokes a lot, so he may suffer from cancer.

a) larynx b) throat c) lung d) skin

7. Carolina coughs a lot. She should take some cough

a) pills b) syrup c) medicine d) suppository

8. Andrew's got a terrible headache. He'd better take

a) an aspirin b) alcohol c) a break d) a painkiller

Task 11. Which is the option that best suits to the following situations:

1. Liza has got asthma. She always carries

a) a hearing aid b) drops c) an inhaler d) a healer

2. If you lay in the sun without protection, you'll get.....

a) sunshine b) sunstroke c) sunstuck d) sunheated

3. Nick fall off the ladder and his ankle.

a) sprained b) cut c) spread d) slipped

4. Beata broke her leg. Now she needs to walk.

- a) a stretcher b) crutches c) a wheelchair d) a club

5. My new shoes are killing me. I've got

- a) bruises b) breaks c) sprains d) blisters

6. Aurelia broke her arm and now he needs

- a) a sling b) a swing c) a crutch d) a stick

7. My brother has got measles. He shouldn't

- a) stay at home b) relax c) scratch himself d) put some cream on

8. Some old people need to eat.

- a) fake teeth c) false tooth c) false teeth d) dental teeth

Professional Development

Task 12. What and who can you see on the pictures? What are they doing? Give a very short description of each picture. Use the vocabulary listed in this unit.



3.



4.



5.



6.



Task 13. Make up three stories about the pictures in the Past Tense.

Task 14. Find a short title to each story.

Task 15. Provide solutions to health problems (headache, backache, stomachache). Prepare your own presentations in Power-Point for a conference “Health A-Z: Conditions and Treatment”.

Useful Language

To start with, ...

One way to

Another solution would be ...

Another way to ... would be ...

„for this reason „

Due to that fact ...

As a matter of fact ...

As a consequence

Actually ...

As a result ...

All in all

To sum up ...

Task 16. Find some jokes on a medical subject and tell them to your fellow-students.



"Why is a doctor always calm? They have a lot of patients"

What Is the Best Defense Against Seasonal Influenza?

Vocabulary Section

List of suggested words and phrases:

Flu vaccine – a substance which contains a weak form of the virus that causes a disease and is used to protect people from flu

Fever- a medical condition in which you have a very high temperature

To vomit – to empty the contents of the stomach through the mouth

To examine - to look at or consider a person or thing carefully and in detail in order to discover something about them

Pregnant - having a baby or babies developing inside the women

Sinus –1) any of the spaces inside the head that are connected to the back of the nose; 2)a space or passage filled with pus (a thick yellow liquid) that flows to the surface of the skin

Diarrhea – an illness in which the body's solid waste is more liquid than usual and comes out of the body more often

To impair– to spoil something or make it weaker so that it is less effective:

Persistent – lasting for a long time or difficult to get rid of

Available - able to be used or can easily be bought or found

Adjectives for pain

Severe	Persistent
Shooting	Gripping
Awful	Terrible

Warm-Ups

Speaking

Task 1. Work in pairs. Use the questionnaire to interview your partner.

- What types of infections do you know?
- What would you do if you had one of them?
- What can you do to protect yourself from the flu?
- Should you get flu shots?
- What do you do to prevent spreading the flu?
- Is the flu dangerous?

Task 2. Match each photograph with what the person is saying. What do you think each patient in pictures a-h might be complaining of?

I feel awful. I have a stomachache.

All my joints hurt. I am wrecked with pain.

I feel terrible. I am sneezing and coughing all day

I don't feel well. I have a dry cough, a fever and a sore throat.

I don't feel well. I have a dry cough, a fever and a sore throat.

I have an appointment with the doctor today at 3 pm. I injured my hand.



A



B



C



D

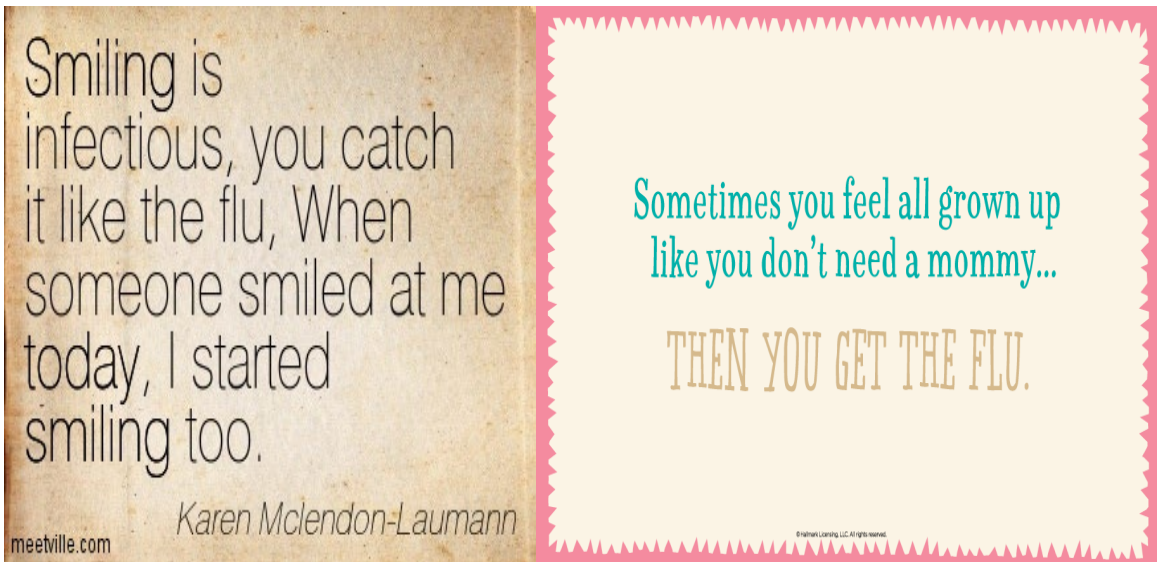


E



F

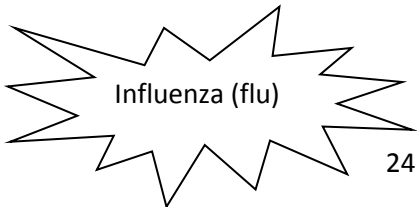
Task 3. Read the following statements. What do you think each of them mean? In pairs, discuss, do you agree or disagree with these facts? What is flu for you? Use the expressions below.



<i>Useful language</i>		
<i>Agreement</i>	<i>Disagreement</i>	<i>Partial agreement</i>
<p><i>There is no doubt about it that...</i></p> <p><i>I completely agree with ...</i></p> <p><i>I entirely agree with ...</i></p> <p><i>I totally agree with ...</i></p> <p><i>I simply must agree with ...</i></p> <p><i>I am of the same opinion.</i></p> <p><i>That's exactly what I think.</i></p>	<p><i>I don't agree with ...</i></p> <p><i>I'm afraid, I can't agree with...</i></p> <p><i>The problem is that...</i></p> <p><i>I doubt whether...</i></p> <p><i>This is in complete contradiction to...</i></p> <p><i>I am of a different opinion because ...</i></p> <p><i>I cannot share this view.</i></p> <p><i>I cannot agree with this idea.</i></p> <p><i>What I object to is...</i></p> <p><i>I have my own thoughts about that.</i></p>	<p><i>It is only partly true that...</i></p> <p><i>That's true, but...</i></p> <p><i>That seems obvious, but...</i></p> <p><i>It is not as simple as it seems.</i></p> <p><i>I agree with it in part, but...</i></p> <p><i>Well, it could be right.</i></p>

Before you start

Task 3. Spend two minutes writing down all of the words you associate with the word "influenza". Share your words with your partner and talk about them. Put the words into different categories.



Flu signs and symptoms, treatment

Task 4. Match the words and word phrases according to their meanings.

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. runny nose 2. fever and chills 3. scratchy throat 4. sore throat 5. body aches 6. stuffy nose 7. upset stomach 8. Influenza 9. aspirin; 10. vaccination; 11. throat lozenges; 12. cough syrup; 13. cough; 14. sneeze; 15. nose drops | <ol style="list-style-type: none"> A. аспірин B. ломота в тілі C. першіння в горлі D. хворе горло E. лихоманка і озноб F. чхати G. нежить H. вакцинація I. льодяники J. закладений ніс K. сироп від кашлю L. краплі в ніс M. кашель N. грип O. розлад шлунка |
|---|---|

Task 5. Make the sentences complete choosing the nouns, adjectives and verbs from a table.

<i>Nouns</i>	<i>Adjectives</i>	<i>Verbs</i>
<i>eyes, fever, ears, headache, nose</i>	<i>Bad, dry, sore, sore, scratchy</i>	<i>Feel, stop, hurts, have, aches</i>

- | | | | |
|------------------------------|--|------------------------|--------------------------------|
| I have a _____. | I can't _____ sneezing. | I have a _____ cough. | My eyes are dry and _____. |
| My back _____. | My _____ is sore from blowing it too much. | I _____ a temperature. | My lips are _____ and cracked. |
| My nose is _____. | My _____ are blocked. | My whole body _____. | The light hurts my _____. |
| I have a sore, _____ throat. | I have a _____ neck. | I _____ dizzy. | I have _____ and chills. |

Task 6. Read the first paragraph of the article below. Some of the words in the title are mixed. Try to put the words in the headline into the correct order.

Task 7. Read the following text carefully and complete it with the missing words from the box.

<i>Flu symptoms</i>	<i>blood test</i>	<i>viral infection</i>	<i>pregnant</i>
<i>Flu symptoms</i>	<i>treatment</i>	<i>be prevented</i>	
<i>sinus infection</i>	<i>examine</i>	<i>breathe</i>	<i>prevent</i>

Know Seasonal Everyone Should What About Flu

Influenza (flu) is a 1) _____. People often use the term "flu" to describe any kind of mild illness, such as a cold or a stomach virus, has symptoms like the flu. But the real flu is different. 2) _____ are usually worse than a cold and last longer. The flu usually does not cause vomiting or diarrhea in adults.

Most flu outbreaks happen in late fall and winter.

The flu is caused by influenza viruses A and B. There are different strains of the flu virus every year.

The flu causes a fever, body aches, 3) _____, a dry cough, and a sore or dry throat. You will probably feel tired and less hungry than usual. The symptoms usually are the worst for the first 3 or 4 days. But it can take 1 to 2 weeks to get completely better.

It usually takes 1 to 4 days to get symptoms of the flu after you have been around someone who has the virus.

Most people get better without problems. But sometimes the flu can lead to a bacterial infection, such as an ear infection, a 4) _____, or bronchitis. In rare cases, the flu may cause a more serious problem, such as pneumonia.

Certain people are at higher risk of problems from the flu. They include young children, 5) _____ women, older adults, and people with long-term illnesses or with impaired that make it hard to fight infection.

The common cold and the flu are both caused by viruses. More than 200 viruses can trigger cold symptoms, while the flu is caused by three viruses - influenza A, B and C. There is no cure for either illness, but the flu can 6) _____ by the influenza vaccine and is, for most people, the best way to fight the flu. Flu symptoms such as stuffy nose, runny nose and scratchy throat typically develop gradually, and adults and teens often do not get a fever. On the other hand, fever is one of the hallmarks of the flu for all ages; children's fevers tend to be higher.

Your doctor will ask you about your symptoms and 7) _____ you. This usually gives the doctor enough information to find out if you have the flu, especially if many cases of a similar illness have occurred in the area and the local health department reports a flu outbreak. In some cases, the doctor may do a 8) _____ or take a sample of fluid from your nose or throat to find out what type of flu virus you have.

Most people can treat flu symptoms at home. Home 8) _____ includes resting, drinking plenty of fluids, and taking medicine to lower your fever.

If you think you have the flu, your doctor may be able to give you medicine that can make the symptoms milder. But you need to start taking it within 2 days of your first symptoms.

You can help 9) _____ the flu by getting the flu vaccine every year. It's best to get the vaccine as soon as it's available. You can get the vaccine as a shot or in a spray that you 10) _____ in through your nose.

The Centers for Disease Control and Prevention recommends that everyone 6 months old and older should get a flu vaccine. The vaccine is especially important for people who are at higher risk of problems from the flu, including children 6 months through 4 years of age; adults ages 50 and older; adults and children who have long-term health problems or an impaired immune system; women who will be pregnant during the flu season.

(www.webmd.com/.../measles-rubeola-topic-ove. **WebMD**)

Task 8. Circle any words from the article you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

Task 9. Here are some phrases from the text. Match the phrases together.

influenza	women
stomach	infection
dry	health department
to get	fever
bacterial	throat
<u>pregnant</u>	the symptoms milder
long-term	test
local	flu
<u>blood</u>	immune system

to lower	virus
to make	symptoms
prevent	a <u>viral infection</u>
impaired	illnesses

Task 10. Skim through the text and find five key sentences.

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.

Task 11. Check whether you were attentive while reading the text.

A) Answer the questions about the text.

1. Why flu is considered to be worse than a cold?
2. When do most flu outbreaks happen?
3. Who are at higher risk of problems from the flu?
4. What can the flu lead to?
5. What are symptoms of the flu?
6. What does home treatment include?
7. What do the Centers for Disease Control and Prevention recommend?

B) Answer these personal questions.

1. What springs to mind when you hear the word 'medicine'?
2. How often are you ill?
3. What kind of things do you do in your everyday life to avoid catching a cold?
4. What do you do if you have flu? Do you do anything special to make it go away faster?

Task 12. Decide whether the following facts are true or not. If not, correct them.

- 1) Influenza is a viral infection.
- 2) Flu symptoms are usually worse than a cold and last longer.
- 3) Most flu outbreaks happen in summer.
- 4) The flu is caused by influenza viruses A and B.
- 5) The flu causes a fever, body aches, a headache, a dry cough.
- 6) The pneumonia may cause such serious problem as flu.
- 7) The doctor may do a blood test or take a sample of fluid from your nose or throat.
- 8) Most people can treat flu symptoms at home.

- 9) Home treatment includes keeping a diet.
 10) You can help to prevent the flu by getting the flu vaccine every year.
 11) The vaccine is especially important for young people.

Practical tasks to do

Task 13. Odd one out. In each line choose a word that doesn't belong to a group and explain why you think so.

- a. a fever, blisters, a headache, a dry cough
- b. the flu, a cold, chicken pox, influenza
- c. to rest, to take medicine, to do blood test, to eat "lightly"
- d. young children, a nurse, a pregnant women, older adults
- e. an ear infection, an eye infection, a sinus infection, bronchitis.

Task 14. Look at the words below. Try to recall how they were used in the text:

- | | |
|-----------------------------|---------------------------|
| To prevent | Rare cases |
| Three viruses | To get better |
| To feel tired | Long-term health problems |
| Bacterial infection | To do a blood test |
| To make the symptoms milder | To be caused by |
| Flue outbreaks | |

Task 15. Complete this table to make word families. Use a dictionary to help you. In case there is no corresponding derivative put a NO sign?

Noun	Adjective	Verb	Adverb
		to prevent	
Treatment			
Infection			
	Pregnant		
			especially
Health			
		to cause	

Task 16. Look at the sentences. Pick out the missing verbs from the list on the right. Change the verbs into the correct form.

<p>a. Scratchy throats, stuffy noses and body aches all _____ misery.</p> <p>b. The common cold and the flu _____ by viruses.</p> <p>c. The flu _____ by three viruses-- influenza A, B and C.</p> <p>d. There _____ no cure for either illness.</p> <p>e. Cold symptoms such as stuffy nose, runny nose and scratchy throat typically _____ gradually, and adults and teens often do not _____ a fever.</p> <p>f. On the other hand, fever _____ one of the hallmarks of the flu for all ages.</p> <p>g. There _____, of course, no vaccine for the common cold.</p> <p>h. But frequent hand washing and avoiding close contact with people who _____ colds reduces the likelihood of catching one.</p>	<ol style="list-style-type: none"> 1. To cause 2. To be 3. To get 4. To spell 5. To be 6. To have 7. To develop 8. To cause 9. To be
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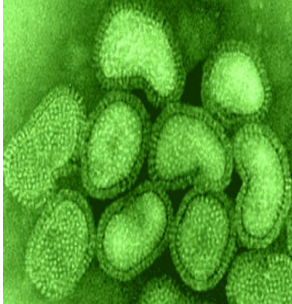
Task 17. Put in the missing prepositions looking for help in the text

To	By	About	out	By
----	----	-------	-----	----

1. A common cold, including chest cold, can be caused ... more than 200 viruses.
2. A nurse took her arm and led her ... a chair.
3. Doctors find ... the causes of cold and flu, and learn about prevention and remedies for the common cold.
4. Up to 90 percent of cases of type 2 diabetes can be prevented ... healthy lifestyle habits.
5. Many patients ask a doctor what to do... their itchy, runny noses.

Professional Development

Task 18. Look at the pictures and write a short summary “Seasonal Flu”



Task 19. Complaints game. Imagine today you are at a party at your best friend's house. Everybody is sick and grumpy and complaining. You must talk to everybody and remember their complaints, but you can't write anything down. Try to remember everyone's complaint. A student who can remember the most complains, wins.

Useful adjectives to describe pain

chronic

burning

heavy

painful

sharp

severe

sore

cruel

deep

frightful

hurting

killing

exhausting

aching

miserable

dreadful

swollen

Fact files

The Health Benefits of... Ginger

Task 20. Read the facts and decide whether the following facts are true or not. Read the text and correct them.

- 1. Chicken soup might help relieve cold and flu symptoms.***
- 2. Ginger is mentioned in ancient Greek, Italian and Middle Eastern writings, and has long been prized for its aromatic, culinary and medicinal properties.***
- 3. Ginger tea can be found only in the best drugstores and supermarkets.***
- 4. Ginger easily relieves pain but rises up blood pressure.***
- 5. If you have a cold, put ginger into your cup, add some apple juice, stir well and drink with small sips. It will help you to get well soon.***

Task 21. Read this article, check the previous activity to see if your answers are correct according to the article. Make up a plan of the text and get ready to speak about the health benefits of the ginger.

Suddenly have a cold? Try a cup of ginger tea to chase the cold!

For a long time now, a hot bowl of chicken soup has been the remedy against colds in the West, but now the competition is heating up. After the trendy Sushi rage, the humble ginger root is now making its presence known. Ginger tea is one of the most effective and affordable treatments against colds.

In the 13th century, ginger was nearly as expensive as pepper: a pound of ginger cost as much as a sheep. The Chinese have been using ginger for more than 2,500 years to fight colds because it contains much yang energy, warms the lungs and thins the mucus. When I recently had a cold, I allowed myself to be tempted by a cup of Shoga-yu, but no, it wasn't for me.

Ginger is said to contain twelve antiviral substances. Ginger treats all the symptoms associated with a cold: sore throat, inflammation of the mucous membranes, coughing. What's more, it relieves pain and has a calming effect.



Which ginger treatments are good for a cold?

Hot water vapour containing ginger tincture reduces swelling of the sinuses in the case of colds. To really 'sweat out' a cold, add a pinch of cayenne pepper to the tea, and your cold will be short-lived for sure. Another somewhat exotic tip for dealing with a cold: mix a coffee spoon of cayenne pepper with a coffee spoon of ground ginger, and sprinkle this in your socks, then walk around as much as possible. Your feet will become super-warm and you will sweat out your toxins!

Asthma sufferers with a cold are advised to use a ginger tincture.

When treating a cold with a hot bath, we added five ginger slices to the water. The lively aroma that was released opened up the nasal passages almost immediately. If you then lie down to rest, wrapped in a delicious towel, you will notice that you begin to sweat. After half an hour, take a lukewarm shower and drink another cup of ginger tea. You will feel reborn, and the cold will be as good as gone.

Where can you find ginger tea?

Ginger tea can be found in the better shops and on-line. If suddenly caught a cold, and you have fresh ginger in your house, rasp it, pour hot water over it, add some lime or lemon juice, stir well and drink with small sips.

Taken from <http://www.gingerlove.be/ginger-is-good-for/cold/>



Task 22. Surf the Internet and find more information about influenza and the method of its popular treatments (homemade chicken soup, vitamin C, garlic, calendula, Oregon grape). Discuss in groups.

Natures Flu Shots

Juice of 6 fresh lemons
1 bulb Garlic
2 tsp. Ginger powder
2 Tbsp. Honey
3 cups Pineapple juice
¼ tsp Cayenne powder



Blend all ingredients thoroughly and store in a glass jar. Take 1 cup 4 times a day until the symptoms are resolved.

DAVE SOMMERS TRUE HEALTH AND HEALING



Obesity Could Be Prevented

Vocabulary Section

List of suggested words and phrases

the obesity epidemic -the large number of people who are extremely overweight
health survey- an examination of opinions and health studies, etc., made by asking doctors questions

decade -a period of ten years

to increase – to become bigger in amount, number or degree

imbalance – a lack of balance between two things

to consume – to use time, energy, goods; to eat, drink smth.

to expend – to use or spend a lot of energy

balance scale - numbers that are used for measuring the balance

to achieve a goal - successfully get a good result by working hard

prevention - when something bad is stopped from happening

a consistent time - continuing to happen or develop in the same way

impact - the effect or influence on an event, situation

nutrient – a substance in food that animals and people need to live and grow
high-calorie- foods or drink that contain many calories and you can easily gain weight

diabetes - disease in which the body cannot control levels of sugar in the blood

liver disorder - problems with the organ in the body which cleans blood

high cholesterol - a large amount of unhealthy fat in the blood

becoming more common - happening more and more

Warm-Ups

Speaking

Task 1. Work in pairs. Use the questionnaire to interview your partner.

- How many meals do you usually eat every day?
- How many calories do most people need every day?
- What is healthy food?
- Do you think it is more important for you to eat healthy or tasty food?
- How much do you eat when you are sad or happy?
- Do you have a snack every time you are hungry or do you wait for the lunch or dinner? What is better for health?

Task 2. Match the beginnings of the proverbs with their endings. Find the Ukrainian equivalents for the following proverbs and explain the meaning of them.

1) You are... 2) To eat is a necessity, ... 3) Give a man a fish and you feed him for a day, ... 4) Appetite... 5) Too much food makes you fat... 6) A hungry man ... 7) After dinner sit a while... 8) Hope is a good breakfast...	a) Teach a man to fish and you feed him for life. b) An angry man. c) Too little food makes you dead. d) After supper walk a mile. e) But to eat intelligently is an art. f) What you are. g) But a bad supper. h) Comes with eating.
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Before you start

Task 3. Complete this table with your partner. What causes obesity? Change partners and share what you wrote.

<i>What causes obesity?</i>	<i>How to solve this problem?</i>
Fast food	
Lack of exercise	
Emotional factors	
Food advertising	
Oversized food portions	
Work schedules	

Task 4. Read the following text carefully and complete it with the missing words from the box.

<i>results</i>	<i>activity</i>	<i>technology</i>	<i>behaviour</i>	<i>childhood</i>
<i>portions</i>	<i>home-prepared</i>	<i>beverages</i>	<i>imbalance</i>	<i>to contribute</i>
<i>to gain</i>	<i>participation</i>	<i>social context</i>		

Causes of Obesity and Overweight



Why are there so many obese kids and adults in the USA? Is it because of the fast food restaurants and junk food? Is it because of modern 1) _____? Is it because of the schools? Actually, it's all the above. The World Health Organization has recently released the 2) _____ of health surveys taken on world obesity. The United States is the 3rd fattest country in the world.

Over the last few decades the number of children who are overweight or obese has doubled too. The percentage of kids aged 6–11 years in the United States who were obese increased from 7% to nearly 22%. The percentage of teenagers aged 12–19 years who were obese increased from 5% to 23%!

3)_____ obesity is on the rise despite awareness campaigns and attention of the print media, school newsletters, and audiovisual media.

A study published in the Journal of the American Dietetic Association found that 94 percent of school lunches failed to meet the U.S. Agriculture Department's regulatory standards. One in five schools served lunches that met the total fat standard!

The basic cause of obesity and overweight is an energy 4)_____ between calories consumed and calories expended and maintaining your current body weight indicates you are in caloric balance and to 5)_____ or lose weight, will need the balance scale to tip in one direction or another to achieve a goal. Whether you want to lose weight or maintain a healthy weight, the connection between the energy the body takes in, through the food and drink consumed and the energy the body uses through the activities, must be taken into consideration. A number of factors play a role in obesity and it is a complex health issue to address – 6)_____, environment, culture, socioeconomic status and genetic factors in disorders – all play a part and may have an effect in causing people to be overweight and obese.

Behaviour and environment play a large role causing people to be overweight and obese and are the greatest areas for prevention and treatment actions. A number of studies show that there is an association between the composition of mothers' and children's diets, their fruit and vegetable intake, the amount of fat that they eat and the sort of 7)_____ that they drink. For example, girls who eat higher fat diets have mothers who do so too. Mothers who drink more milk tend to drink fewer soft drinks, and their daughters do so too.

The importance of parents as role models extends to physical 8)_____ as well. A systematic review on the correlates of preschool children's physical activity levels found that children with active parents tended to be more active. We can't but mention that family meals were once an important daily ritual that involved 9) _____ food eaten at a consistent time with the entire family round the table. In recent decades the 10)_____ of family meals has changed. Fewer meals are eaten in the home and fewer meals are eaten as a family group. A study in the States showed that only 38% of 13-year-olds have regular family meals (defined as more than 5/week) and this decreases to 22% by the age of 17 years. There is also more reliance on convenience foods and meals prepared outside the home. In the United States, 46% of food expenditure is spent on food eaten outside the home, and 34% is spent on fast foods. This change in meal patterns has obvious implications for obesity as meals eaten outside the home tend to be more energy dense and are served in larger 11)_____. The impact of this is illustrated by the finding that American adolescents who regularly eat fast foods have a higher total energy intake and also eat fewer vegetables and fruit.

There has been a global shift in diet towards increased intake of energy-dense foods that are high in fat and sugars but low in vitamins, minerals and other micronutrients and this along with a trend towards decreased physical activity has had a large impact on worldwide increase in obesity rates. The increasingly sedentary nature of many forms of work, changing modes of transportation, and increasing urbanization have added to the problem.

The other major thing that 12)_____ to obesity is a lack of physical activity. There is also an argument that physical activity in the early years will promote later physical activity and health. In the USA 83% of babies and preschool children watch TV and viewing time averages two hours per day. 26% of children under the age of 2 have a TV in their bedroom and this increases markedly with age. The average American school-age child watches television 25 hours per week. The amount of time spent watching television has been shown to be directly related to the degree of obesity in this age group. Television viewing not only takes away from 13) _____ in more physical activity but it also is associated with snacking on high-calorie, low-nutrient foods, such as snack chips and candy.

Taken from <http://www.news-medical.net>

Task 4. Check whether you were attentive while reading the text.

A) Answer the questions about the text.

1. What's the percentage of obese teens in the USA?
2. Should parents change their attitude towards the food?
3. Why is homework part of the obesity problem?
4. Does environment play a large role causing people to be overweight? Why?
5. Name some of the causes of obesity.
6. Which piece of advice does the author give at the end of the text?

B) Answer these personal questions.

1. Why do you think obesity is becoming such a problem in the United States and throughout the world?
2. How often do you have unhealthy food?
3. What kind of food is the least healthy?
4. What kind of food is the most healthy?
5. Have you ever been on a diet? What is the best way to diet?
6. What are the advantages of eating healthy food?

Task 5. Decide whether the following facts are true or not. If not, correct them.

- 1) Obesity is not rising at epidemic proportions in the United States.
- 2) Overweight and obesity happen over time when you take less calories than you use.
- 3) The incidence of obesity in kids has also increased substantially over the years with approximately 7 to 22 percent of kids either overweight or obese.

- 4) Family meals are a reassuring routine for the whole family. This is the time kids actually get to observe their parent's eating habits.
- 5) One of the causes of being overweight is an energy imbalance between calories consumed and calories expended.
- 6) Our environment supports healthy lifestyle habits and it doesn't encourage obesity.
- 7) It's important to remember that there are other, underlying causes that can contribute to one's tendency to become overweight or obese - behaviour, culture, socioeconomic status and genetic diseases.
- 8) Some doctors doubt that physical activity in the early years will promote later physical activity and health.
- 9) Watching television is a minor obesity risk factor.
- 10) In recent decades the social context of having family meals hasn't changed a lot.

Practical tasks to do

Task 6. Find in the text sentences with the following expressions and read them aloud. Translate them into Ukrainian and let your partners translate them back into English without a textbook.

an energy imbalance
degree of obesity
a healthy weight
to take into consideration
low-nutrient foods
to increase
genetic factors
a treatment action
physical activity levels
to double
expended calories
to associate with
a cause of overweight
to lose weight



Task 7. Change the following words using the phrases from the text instead of the ones in italics.

1. *Being heavy and fat* is the fifth leading risk for global deaths.
2. People can *spread* consumption of fruit and vegetables, as well as legumes, whole grains and nuts.
3. *To drop* weight, you need to burn more calories than you eat.
4. On a typical school day, children *ate* 527 "empty calories" during a 24-hour period.
5. Improving home eating *manners* will change your life.
6. A recent review showed that 58 percent of people did not know where their heart is.
7. The study is working towards *avoidance* of cancer.

Task 8. Put in the missing prepositions looking for help in the text.

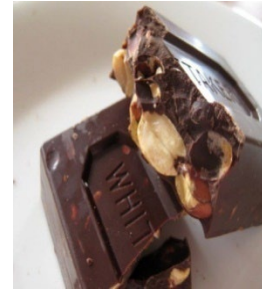
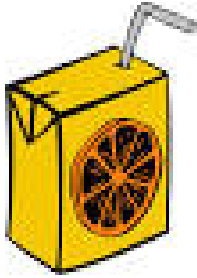
<i>In</i>	<i>into</i>	<i>between</i>	<i>by</i>	<i>with</i>
-----------	-------------	----------------	-----------	-------------

1. It estimated that nearly *one five children* under the age of 16 experiences a lack of parents' love.
2. Coca-Cola is recognized as the world's most valuable brand is often *associated ... happiness*
3. All topics will be *illustrated ... examples* from various fields of *medical research*.
4. The association ... *physical activity and learning* has been evidenced in many studies.
5. Don't forget to *take into consideration* the size of your individual organic *vegetable pieces*.

Task 9. *The Sweet Truth.*

A) Look through the pictures of unhealthy products you may think are healthy and decide which of them suit to the following descriptions.





If you have ever eaten French fries, hot dogs or a hamburger, you have also had _____. While this condiment is quite delicious, it is not necessarily very healthy for you. A spoonful of _____ can be synonymous to a spoonful of sugar with a pinch of salt, but still enough to be extremely harmful to your heart.

Every one of the long-term studies of the health effects of _____ shows that you increase your risk of diabetes and weight gain. _____ do provide fiber, as the entire fruit often goes into the blender, skins and all, but they still contain a lot of calories

The typical fare you get at the grocery store is practically plain white flour with water and eggs, this means no vitamins, minerals, fiber or anything your body needs so you are eating a bowl of shaped _____ as empty calories

_____ can be even worse than the sugar filled versions because of the artificial sweeteners they use, and which can increase the risk of certain kinds of cancer.

_____ contains over 300 naturally occurring chemicals. Many of them could be considered as toxins. Some of them are really harmful and include theobromine and caffeine. These chemicals influence on the nervous system, gastrointestinal system, cardiovascular and endocrine system and can lead to depression, insomnia, chronic fatigue, heart disorders, obesity.

B) Task 10. Working in groups, write two clues for the other group to guess what healthy food is being described. Use task A as an example.

Professional development

Task 11. Write an essay on one of the following topics:

Each Family Has its Own Style of Cooking Habits.

From All Diets I Choose...

One Cake is not a Reason to Do Sports

Make Healthier Choices

Useful language to introduce your idea

First of all

As I see it

To my mind

In my opinion

For one thing

For another thing

Firstly

Secondly

On the one hand

On the other hand

Moreover

Furthermore

To sum up

In addition to

Task 12. Study the table of calories in food and write a menu for a day for:

- a) a preschool child;
- b) a person who wants to gain weight;
- c) a person who wants to lose weight.

Milk & Milk Products		
Type	Quantity	Calories
Full-fat milk	1 cup	150
Low fat milk (1%)	1 cup	102
Sweetened Condensed Milk "cans"	28 g	123
Strawberry Milk	1 cup	244
Cheddar cheese slices	Slice, 28 gm	114

Feta cheese	28 g	75
Mozzarella cheese	28 g	80
Edam cheese	28 g	98
Cottage cheese	100 g	99
Cream Medium	1 spoon	37
Rob "yogurt" full-fat	1 spoon	141
Rob "yogurt" skim	1 spoon	114
Vanilla ice cream 10% fat	Half a cup	135

Drinks & Juices		
Type	Quantity	Calories
Apple juice	Half a cup	60
Apricot juice, canned	Half a cup	72
Grape juice, canned	Half a cup	78
Fresh orange juice	Half a cup	59
Canned peach juice	Half a cup	67
Canned pear juice	Half a cup	75
Canned pineapple juice	Half a cup	70
Canned tomato juice	Half a cup	21

Hot Drinks

Nescafe coffee without sugar	Teaspoon	5
Tea without sugar	One cup	1

Soft Drinks

Pepsi-Cola	240 ml cup	100
Diet Pepsi-Cola	240 ml cup	0.00

Luncheon and Sausage Meat		
Type	Quantity	Calories
Beef	Approx. 42 g	142
Salami	28 g	56
Beef	28 g	88
Frankfurter		
Turkey	42 g	102
Chicken meat	42 g	116

Nuts		
Type	Quantity	Calories
Nuts	Half a cup, 60 g	380
Almonds, dry	Quarter a cup	209
Nuts, roasted, dry	28 g	170

Oils & Fats		
Type	Quantity	Calories
Olive oil	1 Tablespoon	120
Sunflower oil	1 Tablespoon	120

Fresh Fruits		
Type	Quantity	Calories
Apples	Medium, 140 g	81
Apricot	Medium, 30 g	17
Banana	Medium, 100 g	105
Cherries	10 beads	49
Avocado	Half	162
Grapes	Half a cup	53
Orange	One, 110 g	62
Peach	One, 85 g	37
Pear	Medium, 170 g	98

Pineapple	Slice, 82 g	42
Red Meat		
Type	Quantity	Calories
Lamb shoulder, cooked without fat	48 g	135
Beef, minced and cooked	85 g	245
Kebab	85 g	226
Cow kidney, cooked	85 g	122
Cow tongue, cooked	85 g	241
Vegetables		
Type	Quantity	Calories
Carrot	Medium, 60 g	31
Cauliflower, uncooked	Half a cup	12
Cabbage, uncooked	Half a cup	8
Corn	One, medium	77
Mushrooms, fresh	Half a cup	9
Lettuce	Half a cup	4
Mixed vegetables (a variety of vegetables cooked together)	Half a cup	54
Green onions, chopped	Half a cup	16
Peppers, chopped	Half a cup	12
Fried potato	10 pieces, 42 g	158
Red tomatoes	One, medium	26
Green beans	One cup	73
Beet	One cup	46
Cabbage	One cup	73
Black olives	10 grains	95
Green olives	10 grains	66
Parsley	1 cup, minced	34
Grains		

Type	Quantity	Calories
Bread, cereals	100 g	17
Whole wheat bread	One, 50 g	130
Corn flakes	Cup, 25 g	95
French bread	115 g	333
Plain biscuits	4 pieces, 55 g	178
White rice, cooked (long grain)	Half a cup	131
Brown toast	A slice	61
Pasta	One cup	344
Meat & Chicken		
Type	Quantity	Calories
Chicken leg, grilled	85 g	167
Chicken breast, grilled	Half a breast	142
Duck meat, roasted	85 g	173
Fish		
Type	Quantity	Calories
Sardines, canned in oil	28 g	58
Tuna, canned in oil	85 g	169
Smoked salmon	85 g	99
Grilled Fish	85 g	136
Crab, canned	85 g	84
Shrimp, cooked	85 g	83
Caviar, black or red	1 tablespoon	40

How to Lead a Healthy Lifestyle

Vocabulary Section

List of suggested words and phrases

Tension - the feeling of being so nervous or worried that you can not relax

Check-up - to make certain about something by checking it

To skip - not to do something, but to do the next thing instead

To reduce - to make something smaller or less in size, amount, importance etc

To avoid - to try to prevent something from happening

To maintain - to make sure that something stays at the same level, rate, or standard

To affect - to change or influence something

To require - to need someone or something

Fibre - the parts of fruit, vegetables, and grains that your body can not digest

To provide -- to give someone something that they want or need



Warm-Ups

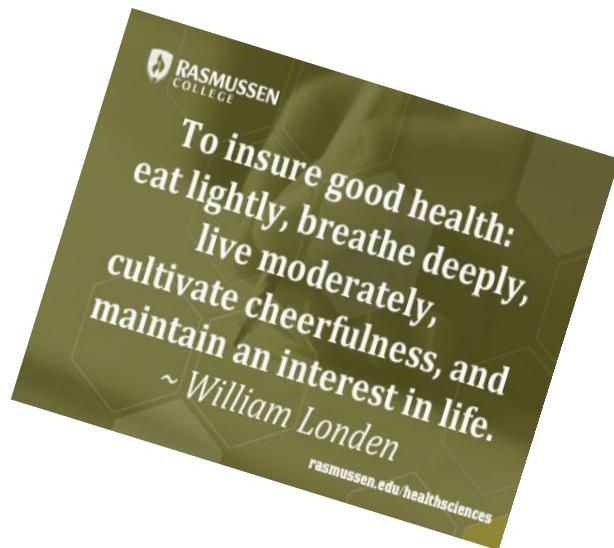
Speaking

Task 1. Work in pairs. Use the questionnaire to interview your partner.

- What is a healthy way of life?
- Do you consider yourself to be healthy?
- Is it possible to have a healthy life style in modern world?
- What unhealthy habits do you have?

- What is the best way to promote a healthy way of life among children/ teens/ adults?
- What health problems do junk food / smoking / stress/ lead to?

Task 2. Agree or disagree with the following quotes:



Task 3. Look at six pictures suggesting ways to keep healthy. Talk with your groupmate about how important you find each of these lifestyles, and then agree with each other on three that you would both recommend to another friend. Try to use the phrases/words in the box to discuss the topic.



1



2



3



4



5



6

A	B
<p>Let's take it in turns to decide ... I think ... I believe... In my view... The way i see it... To my mind.... In my opinion... To start with... What would you suggest then? Don't you think... It seems to me that ... Well, I suppose ... is the most Do you agree?</p>	<p>Yes, I agree. No, i can't agree... Yes, but I think... Well, I'm afraid I don't agree with you... What about...? Ok, but you can't deny that ... So what shall we ...? It depends on... That's true. You're right... Personally I believe ... I don't think so. You are quite right.</p>

Task 4. Look at the pictures above and write the following phrases / words under the pictures they refer to:

Exercise regularly / keep fit / drink a lot of liquid / eat a balanced diet / take plenty of exercises / eat lots of vegetables/ seek for medical advice / do yoga / well-trained / take up a creative hobby / greens / spend time with your family and friends / enjoy life / stay lean / avoid fast food / medical check-up / have fun / check your blood pressure / reduce fatty foods / feeling happy / spend time in the open air /drink a lot of water / not overeat

/ relax / cope with stress / get rid of tension / strengthen your muscles / stretch / illness / heart condition / take vitamins / not skip meals / to be in a shape

Picture 1	Picture 2	Picture 3	Picture 4	Picture 5	Picture 6

Before you start

Task 5. Read the article and refer the headings (A-G) to the appropriate paragraphs (1-7)

- A Laugh and smile!
- B Drink water!
- C Get lots of sleep!
- D Stretch!
- E Feel good about yourself!
- F Run and jog!
- G Eat more fruit and vegetables!

How to Become a Very Healthy Person:

1. In order to maintain a healthy body, you will need 8-10 hours of sleep every day. This keeps you awake and alert, so you don't have to drink caffeine and sugar-loaded energy drinks.

2. Smiling a lot makes your face look younger and it feels great. If you laugh a lot, it has been scientifically proven to keep you healthier.

3. Fruits and vegetables are an essential part of a healthy diet. Try to get at least 5-9 servings a day.

4. It is key in making you run throughout the day. Try drinking 8 eight-ounce glasses of water each day. It helps you re-energize and keep going. Not drinking enough fresh water leads to headaches, and even dehydration. Do this, and you'll stay in good condition.

5. An easy form of muscle exercise warms you up and makes you more flexible. If you continuously stretch each day, you will end up being really flexible. It keeps you running longer and gives you strength.

6. This doesn't necessarily mean run five miles every morning, but jogging or running for about 10 minutes at an easy pace definitely will keep you in shape. Try jogging for about 10 minutes three to five times a week. It will keep your muscles strong and fit every day. Don't ever run for an hour and then suddenly stop and sit on the couch for another hour. This will give you terrible cramps and will make it so it hurts to walk the next day

7. There is always going to be someone in the room who does at least one thing better than you, so don't compare yourself to other people! Find things you are good at, and use your talents!

Edited by Lillian May and others

Work with Article

Task 6. Look at the word phrases, try to recall how they were used in the article:

to keep awake

to compare yourself to others

an essential part

to warm up
 to give strength
 to lead to headaches
 to hurt to walk
 to be good at

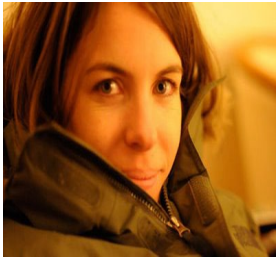
Task 7. Match definitions with words:

a) jogging	1) to react quickly if necessary;
b) strength	2) a pain in your head;
c) alert	3) a substance in coffee and tea that makes you feel awake;
d) caffeine	4) the ability to achieve something, even in a difficult situation;
e) headache	5) the activity or exercise of running at a slow steady speed;
f) muscle	6) sudden severe pain in a tired muscle that becomes very tight
g) flexible	able to bend or move easily;
h) cramp	7) a piece of flesh that connects one bone to another and is used for or moving a particular part of your body.

Task 8. Complete the sentences.

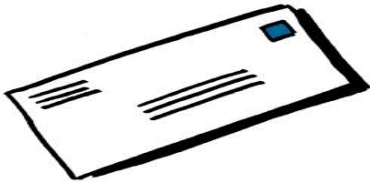
1. Drinking a good amount of water _____.
2. Physical activity keeps your body _____.
3. Comparing yourself to others, especially celebrities, is a fine way to throw your self-esteem down and _____.
4. *Sleep* is vital for learning and memory, and lack of *sleep* impacts _____.
5. *Smiling* not only makes us look younger and more attractive, it also _____.
6. Although studies about the *benefits* of *stretching* are mixed, *stretching* may help you improve _____.

Task 9. Read the letters Anny received. What is each person's problem? What advice might Anny give?



Ask Anny...

Weekly advice column for all your health doubts



.....

Dear Anny,
 I'm desperate, because i am really overweight! I skip my breakfast, and I have cut out all fatty foods and beverages, but I can't lose weight! I've tried diets, exercising, but I can't put myself to do any activities. Moreover I suffer from depression and anxiety. I have always been clumsy and overweight, I know am fat, ugly. When I am depressed - I eat. I don't know how to lose the weight.
 Please give me some advice?
 Silently Confused, Nimra

Dear Anny,
 I am so stressed out from trying to juggle time for job, driving

A. Calm down! Life can be stressful. Everyday issues can add emotional stress. Why not to take up a new sport or a creative hobby, to meet friends or exercise? Yoga can help reduce stress because it promotes relaxation, which is the natural opposite of stress. It can benefit three aspects of ourselves that are often affected by stress: our body, mind, and breathing. If you exercise regularly, your body copes with stress much better! Try a new hobby! Having a hobby can lower levels of stress, improve mood and immune systems, ease depression and may reduce the risk of high blood pressure. For example, karaoke increases immunity, reduces depression, improves cognitive function and mood.

B. Don't be sad! Because depression always leads to emotional eating. A big help to you will be to keep a food journal and write down everything you are feeling and log everything you eat. Be moderate in eating. If you changed your eating habits, your life

courses, life, and my girlfriend. I am so tired of being stressed out. I try to take stress out on my girlfriend and colleague. What should I do?

Sincerely,
Tired of stress, Luis

Dear Anny,
When I was twenty five I felt weird. I felt dizzy all the time. I worked long hours and worried about my job, deadlines, my health, my family, my friends, my dating life, random passersby on the street...I was plagued by my worries! After summer holiday i felt better! Now i turned 26 and i have the same problem. Sometimes i feel dizzy and I worry about my health.

Any suggestions?
Your reader, Aurelia



would improve. Don't skip meals! Eat proper kinds of food – dairy products, meats, fruit and vegetables, fats and sugar, green and grains. Dairy products provide you with calcium, meat provide your body with protein, iron. Eating fruit and vegetables helps to keep you healthy too because they give you vitamins and minerals. You should eat fats and sugar in moderation, because too much these products can cause different heart-diseases. Cereals and grains are important for too because they provide you with the energy you need for physical activity. Take gentle exercises in order to avoid weight gain. Try walking and cycling! That's the best way to lose weight!

C. First of all you should have a medical check up once a year. The doctor will be able to diagnose and spot any illnesses. If your body suffers from any disorder, our mind suffers with it, and you are unable to make much progress in work and you are unfit to perform those duties which are required of you in social life. Take a rest from all your hard work and worries. Rest and relaxation are good for your health. Have a balanced diet. Eat lots of fresh vegetables, fruit and food rich in fibre every day. Take vitamins. Fats, oils and sweets should always be eaten in small quantities. You could join a gym, get enough sleep, check your blood pressure. Be a lot in the open air and stop worry!

Task 10. Match Anny's answers A, B and C to the correct letter. What advice does she give?

Task 11. Look at the text again. What happens if...

- You eat less fruit and vegetables?
- You join yoga?
- You eat dairy products?
- You work long hours?
- You exercise regularly?

Task 12. Fill in the correct word.

Stress	illness	blood pressure	fit	shape	advice	exercise
--------	---------	----------------	-----	-------	--------	----------

1. _____ is a normal physical response to events that make you feel threatened or upset your balance in some way.
2. By staying _____ and healthy you not only look and feel better but you decrease your chance of medical problems such as diabetes, heart attacks, high cholesterol
3. Never ignore professional *medical* _____ in seeking treatment because of something you *have* read on the Website.
4. James needs to work out more, because he wants to lose weight and be in *a* _____.
5. You must be careful with your _____ as if it is done improperly it may actually worsen your health.
6. Several studies have shown that massages reduces levels of the stress hormone cortisol, which among many other benefits helps slow your heart rate, and brings your _____ down.
7. People who do not have diabetes can make enough extra insulin to keep their blood sugar in a normal range during times of stress and _____.

Professional Development

Task 13. Write a letter to a problem page "Ask Anny Advice Column". Exchange letters with your partner and write a suitable reply. Use the table below.

Useful Language for Letters Asking for Advice

Opening Remarks: I am writing to ask if you could help me ...
I wonder if you could help me with a problem.
Could you offer your advice?
I've got a problem and I need your advice.

Closing Remarks: Please tell me what to do.
What do you think I should do?
I look forward to receiving your advice.

Useful Language for Letters Giving Advice

Opening Remarks: Here's what I think you should do.
I just got your letter and I think...
I hope the following advice will be of some help to you.

Suggestions: You should
You ought
If I were you I would...
It would be a good idea to...
How about ...
I strongly recommend ...

Closing remarks: I hope this will be of help.
Hope this has helped.
Let me know what happens.

Task 14. Study the following situations and offer advice to each person.

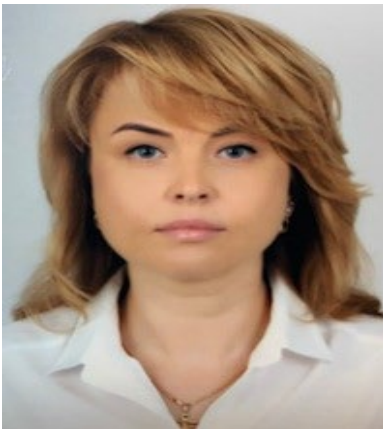
1. "I need coaching but don't have money for a personal trainer."
2. "I need to lose my weight. I absolutely hate vegetables. The only veggies I eat now are corn and potatoes."
3. "It's exam time again. I am definitely get stressed. I can't plan my time wisely, and I can't get enough sleep. How can i avoid strees?"
4. "My skin is too dry, i use creams, but nothing helps. I wonder if you could help me with my problem."

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Березюк Юлія Валеріївна – к.п.н., доцент кафедри соціально-гуманітарних та природничих дисциплін, кваліфікаційна категорія «спеціаліст вищої категорії»;



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Іноземна мова. Методичні рекомендації до практичних занять освітнього компонента «Іноземна мова за професійним спрямуванням (англійська мова)»

Методичні рекомендації до практичних занять освітнього компонента «Іноземна мова за професійним спрямуванням (англійська мова)» розроблені для здобувачів освіти, які отримали базову початкову підготовку з англійської мови та набули мінімальний словниковий і граматичний запас для ведення мовленнєвої діяльності в контексті професійної сфери спілкування.

Авторські завдання відповідають рівню B1/B1+ Загальноєвропейських рекомендацій з мовної освіти, змісту чинної освітньої програми, сприяють організації індивідуальної та диференційованої роботи здобувачів освіти, таким чином реалізується особистісно орієнтоване навчання.

Методичні рекомендації містять практичні завдання та питання для самоконтролю, актуальні усталені універсальні форми і способи пред'явлення освітньої інформації, враховуючи стиль мислення здобувачів, що сприяє формуванню у здобувачів автентичного мовлення. Організація та зміст тематичних розділів пов'язані між собою, сприяють успішному навчанню усних та письмових видів мовленнєвої діяльності; включають ефективну систему повторення; містять доступне співвідношення всіх структурних компонентів, логічність викладу, способи досягнення мети і завдань навчання, функціональність усіх видів діяльності. Розроблені завдання сприяють поступовому оволодінню медичною термінологією, розвивають навички усного та писемного мовлення з метою застосування у практичних професійних ситуаціях англійською мовою.

«A Practical Guide to Medical English» охоплює достатню кількість і оптимальний обсяг текстів для формування навичок та умінь читання. Частина уроків-параграфів містять дотекстові та післятекстові вправи та завдання, які забезпечують діалогічну форму спілкування навчально-методичної літератури та здобувача, забезпечують можливість здобувачів виконувати освітню діяльність відповідно до власної траєкторії розвитку, сприяють формуванню в здобувачів умінь учитись, самостійно набувати іншомовний досвід відповідно до власних потреб. Методичні рекомендації сприяють розвитку творчих здібностей здобувачів освіти, забезпечують організацію процесу навчання іноземної мови у формі діалогу культур.

Для актуалізації знань, отриманих на попередніх етапах навчання змісту навчального матеріалу додані спеціальні пам'ятки. Доцільний ілюстративний матеріал значно «оживляє» зміст теми та передбачає дидактичну функцію (мовна здогадка, розуміння контексту без перекладу), слугує ефективним підґрунтям для набуття здобувачами освіти досвіду виконання навчально-пізнавальної діяльності та стимулює мовленнєву діяльність.

Методичні рекомендації можуть бути використані здобувачами освіти та викладачами іноземної мови в межах підготовки майбутніх фахівців за спеціальністю 223 "Медсестринство" освітнього ступеня бакалавр, фаховий молодший бакалавр.