

Чернігівський національний педагогічний університет імені Т.Г. Шевченка

Факультет початкового навчання

Кафедра мов та методики їх викладання у початковій школі

**O.C. КОНТОП**

**HEALTH IS BETTER THAN WEALTH**

Навчально-методичний посібник

для самостійної роботи

з практики англійського усного та писемного мовлення

для студентів ІІ курсу

Спеціальності 6.010102

Початкова освіта. Спеціалізації «Іноземна мова (англійська)»

Чернігів 2011

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**Конотоп О.С.**

**К 64** Health is Better than Wealth: Навчально-методичний посібник для самостійної роботи з практики англійського усного та писемного мовлення для студентів II курсу спеціальності 6.010102 Початкова освіта. Спеціалізації «Іноземна мова (англійська)». – Чернігів, 2011. – 69 с.

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Рекомендовано до друку на засіданні кафедри мов та методики їх викладання у початковій школі (Протокол № 3 від 28. 10. 2010)

## ПЕРЕДМОВА

Посібник розроблено для самостійної роботи студентів – майбутніх учителів англійської мови у початковій школі. Матеріали посібника доцільно використовувати в комплексі з базовим підручником з англійської мови для студентів другого курсу факультетів іноземних мов<sup>1</sup>. Студенти самостійно опрацьовують матеріали посібника в позааудиторний час. Виконання завдань відбувається паралельно з вивченням відповідної теми на практичних аудиторних заняттях з англійської мови. Викладач перевіряє та оцінює виконання самостійної роботи студентів упродовж модуля.

Посібник включає методичну розробку тем – *Health and Illness, Children's Diseases, Alternative Medicine, Healthy Living Style*. Вправи посібника мають на меті надати студентам лінгвокраїнознавчі знання, сформувати навички і вміння, що забезпечують їх здатність розпізнавати, адекватно розуміти та критично інтерпретувати експліцитну й імпліцитну соціокультурну інформацію, що містить автентичний англомовний текст. Ретельне виконання всіх вправ сприятиме збагаченню активного словника студента, розвитку вмінь читання та писемного і усного мовлення, соціокультурної компетенції.

Англомовні тексти для розвитку англомовної комунікативної компетенції у студентів, які представлено у цьому посібнику відібрано з автентичних джерел (газет, журналів, НМК та довідкової літератури).

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<sup>1</sup> Практический курс английского языка. 2 курс: Учеб. для пед. вузов по спец. «Иностр. яз» / Под ред. В.Д. Аракина. – 5-е изд., перераб. и доп. — М.: Гуманит. Изд. Центр ВЛАДОС, 2000. — 520 с.

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**Assignment 1****HEALTH AND ILLNESS****Topical Vocabulary**

**Task 1.** Which doctor do you choose:

if you have a heart condition\_\_\_\_\_

if you have a sick baby\_\_\_\_\_

if you are pregnant\_\_\_\_\_

if you are tired and feel sick\_\_\_\_\_

if you have a foot problem\_\_\_\_\_

if you can't see very well\_\_\_\_\_

if you need on operation\_\_\_\_\_

if you break your arm\_\_\_\_\_

if you have a skin problem\_\_\_\_\_

if you need an X-ray\_\_\_\_\_

if you sneeze a lot every spring and fall\_\_\_\_\_

if you need a blood test\_\_\_\_\_

if you are sad and depressed\_\_\_\_\_

if you catch a gripe\_\_\_\_\_

if you have a toothache\_\_\_\_\_

if you have a sore throat\_\_\_\_\_

**Task 2.** Read the patient complaints. Which specialist does each patient need?

1. I have a terrible rash on my arms and legs. I think I'm allergic to dairy food, but it also might be grass.
2. My husband and I just took a home pregnancy test, and it came out positive. We want to know when we are due and we want to make sure the fetus is healthy.
3. I still can't walk and it's been three months since my accident. I hate being stuck in a wheelchair.

4. The test results show that I have an advanced form of blood cancer.
5. My left eye has an infection that won't go away and my vision has been blurry for two weeks now.
6. I don't want to take any drugs that will cause me to become addicted to them, but I do need some sort of pain relief.
7. I've been having major chest pains this week. I'm also having trouble breathing.
8. I get terrible acne and I have tried all of the products in the pharmacy. I don't know what to do now.
9. My baby is not developing properly. She hasn't put on any weight in two months and she keeps getting ear infections.
10. My husband and I have been trying to get pregnant for three years. We have tried everything that the books suggest.

**Task 3.** Here are some of the best-known and least-wanted diseases and conditions according to where they strike or what causes them. However, in each group there one that should not be there. Can you identify it?

The heart and blood vessels	Infectious fevers	The lungs and respiratory system
poor circulation	Measles	diphtheria
high blood pressure	Chickenpox	catarrh
a stroke	Smallpox	sinusitis
heart attack	glandular fever	tonsilitis
jaundice	yellow fever	laryngitis
cardiac arrest	scarlet fever	asthma
heart failure	whooping cough	angina
	Influenza	cholera
	Leprosy	bronchitis
	Malaria	tuberculosis

<b>The stomach and intestines</b>	<b>The liver</b>	<b>The blood</b>
appendicitis	Gallstones	anaemia
stomach ulcer	cirrhosis of the liver	pneumonia
polio	Hepatitis	leukaemia
a hernia	cancer of the liver	a haemorrhage
constipation	coronary thrombosis	a blood clot
<b>Food poisoning</b>	<b>The joints</b>	<b>The nervous system</b>
typhoid dysentery	rheumatism	migraine
diarrhoea and vomiting	enteritis	epilepsy
salmonella	arthritis	Parkinson's disease
mumps	Fibrositis	Multiple sclerosis
		Muscular dystrophy
	<b>Mental disorders</b>	
	Schizophrenia	
	manic depression	
	Neurosis	
	Paranoia	

**Task 4.** Match the name of a disease in the left-hand column with its definition from the right-hand column:

1	appendicitis	A	diseased growth in the body, often causing death
2	bronchitis	B	infectious disease, marked by fever and small red spots (a rash) that cover the whole body
3	cancer	C	wasting disease affecting various

			parts of the body's tissues, especially the lungs
4	chicken pox	D	diseased condition of the veriform appendix, requiring in many cases a surgical operation
5	diabetes	E	inflammation of the liver
6	hepatitis	F	disease of the pancreas in which sugar and starchy foods cannot be properly absorbed
7	influenza (flu)	G	(kinds of) painful disease with stiffness and inflammation of the muscles and joints
8	leukaemia	H	inflammation of the mucous membrane of the bronchi
9	measles	I	infectious disease with fever, muscular pain and catarrh
10	pneumonia	G	disease in which there is an excess of leukocytes, with changes in the lymph glands
11	rheumatism	K	disease (especially of children) accompanied by red spots on the skin
12	tuberculosis (TB)	L	serious illness with inflammation of one or both lungs

**Task 5.** Match the following symptoms with the correct diagnosis:

1	influenza	A	A man can't swallow, and his glands are swollen.
2	faint	B	A child began having a cold a few days ago, and now he's got a rash

			with small red spots all over the body.
3	food poisoning	C	A man has been sick quite a lot. He feels stiff. His temperature is rising. Everything reels before his eyes.
4	rheumatism	D	A man feels dizzy and weak. He has got aches and pains all over his body. He must have eaten contaminated food.
5	fracture	E	A man broke his leg and complains of a pain in the place of the break. The pain becomes sharper if he presses the place or tries to move.
6	measles	F	A man has a high temperature. His skin is very hot, dry and red. He has a bad headache and nearly loses his consciousness.
7	tonsillitis	G	A man worked day and night. He is exhausted and dog tired. He's lost his consciousness. Blood doesn't get to the brain. He got pale, sweat appeared on his forehead. His breathing is slow, his pulse is weak and slow.
8	insomnia	H	A man started by getting up early. He didn't sleep a wink last night. He slept with one eye open. A man realised that he grew older, he began to need less sleep.

9	sunstroke	I	A man has a sharp pain in his back and spasm of the muscles. It's difficult for him to move. He has swollen, painful joints and stiffness.
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**Task 6.** There is a section on symptoms, possible diagnosis and remedies. These exchanges between doctor and patient have been mixed up. Decide which response should follow which question.

1	I've been suffering from insomnia lately. Do you think I might be heading for a nervous breakdown?	A	Try this lotion for a few days to stop the itching, then start putting on this powder at night.
2	I seem to have some sort of stye or infection in my right eye. Do you think I might have conjunctivitis?	B	Unlikely, but I'll let you have some cough mixture to relieve the symptoms. You can get yourself some lozenges, if you like.
3	I can't stop scratching this place on my foot. Do you think it's athlete's foot?	C	I would doubt it. Here, rub this cream in for the next few nights to help reduce the swelling.
4	I've got a rather sore throat, and I keep feeling a bit flushed. Do you think it could be flu?	D	No, of course not. But I'll prescribe some barbiturates — sleeping pills - to help you get a good night's rest. OK?
5	I've got a big bump on the back of my head. Do you think it might be more than a bruise?	E	I wouldn't have thought so. But I'll give you a prescription for some drops to try and clear it up.
6	I keep getting shooting pains down my shin and ankle. Is it possible that I've broken or sprained	F	Well, the X-ray didn't show anything. If it's so painful, you'd better have some crutches to walk

	something? Possible.		with and some painkillers to ease the pain.
7	I've got a dull ache in my arm and occasionally I get a spasm. Could it be a minor fracture, a chipped bone or something?	G	Mm, sounds a bit like it. I'll make you out a prescription for some penicillin, and some menthol inhalations might speed up the recovery.
8	I've got these tiny little bumps all over the back of my neck. Do you think it might be gland trouble?	H	It's just possible. I'll strap it up anyway and put it in a sling. That should reduce your discomfort quite a lot.
9	I've come out in a rash on my chest. Do you think it could be a skin disease like impetigo or dermatitis?	I	Oh, I shouldn't think so, but I think perhaps you ought to start taking these tranquillisers, to at least get your blood pressure down.
10	I keep getting short of breath. Is there any way I could be suffering from asthma?	G	Oh no, no, no. You'd know if it was. I'll give you some ointment to rub in to get rid of the inflammation.
11	I think I've got an ulcer in my mouth. Do you think it could be a sign that I'm run down?	K	Probably not. I'll put you on a course of tablets to prevent them from spreading. They should go soon.
12	I feel so feverish, and I'm sure I've got a temperature. I'm so afraid that there's something wrong with my heart.	L	It might well be. I'll put you on antibiotics for a while anyway, to lessen the risk of serious infection.

**Task 7.** Match the following problems and the pieces of advice:

1	I feel there's something wrong with my eyes. They are often sore.	A	I'll give you an injection so that you might sleep at night. This will ease the pain.
2	I'm putting on weight. I always eat with gusto	B	You must have your tooth, pulled out!
3	That medicine doesn't have the desired effect. I still have a shooting pain in my ear.	C	I don't know for sure. You'll have to be X-rayed. It might be a fracture, and your arm will be in a sling for a few weeks.
4	I can't bear the pain, and I slept by snatches last night.	D	I'll prescribe you another course of treatment. It works miracles!
5	I have a bad toothache. I think I must have my tooth treated.	E	You need a relaxing bath a brisk walk, a walk out at the gym. You have to restore yourself. You are rundown.
6	Can you put the bone into joint again, doctor?	F	You should quit smoking. It tells badly on your health.
7	I have repeated colds, the persistent cough. I am tired to death, I had a feverish fit the other day.	G	Oh, you must have influenza!
8	I can't sleep. I can't	H	You really must keep to the

	concentrate. I'm so restless and tense. Why am I so irritable?		diet.
9	I've got a terrible cough. In addition, I keep on getting headaches.	I	You should eat less saturated fat.
10	I've had a bad stomach.	G	You should have an eye test.

**Task 8.** Choose the right answer:

1. The \_\_\_\_\_ of his leg was so terrible that he would go mad.

a)	bruise	b)	disease	c)	illness	d)	pain
----	--------	----	---------	----	---------	----	------

2. Steve is permanently \_\_\_\_\_ as the result of a car accident.

a)	disabled	b)	inactive	c)	incapable	d)	powerless
----	----------	----	----------	----	-----------	----	-----------

3. The fracture itself wasn't much. The only \_\_\_\_\_ needed was the arm in sling for a few weeks.

a)	ailment	b)	medicine	c)	treatment	d)	therapy
----	---------	----	----------	----	-----------	----	---------

4. The doctor examined Bill's hand, painted the cuts with \_\_\_\_\_, and gave him some opening medicine.

a)	iodine	b)	liquids	c)	water	d)	water-colours
----	--------	----	---------	----	-------	----	---------------

5. The nurse was going from patient to patient taking off old bandages and putting the \_\_\_\_\_ new ones.

a)	at	b)	in	c)	on	d)	out
----	----	----	----	----	----	----	-----

6. Half an hour later Tom was in a hospital bed and the doctor was \_\_\_\_\_ his arm.

a) treating      b) splitting      c) stretching      d) watching

7. William was \_\_\_\_\_ in the accident. He was laid up for a month with a broken leg.

a) inured      b) bitten      c) broken      d) fainted

8. I saw an accident yesterday. Fortunately nobody was \_\_\_\_\_.

a) broken      b) damaged      c) injured      d) wounded

**Task 9.** Fill in the gaps with suitable words.

*infectious thermometer diet pills ambulance spots surgery plaster operation  
runny sneezing prescription*

If you want to find out someone's temperature, use a ..... .

I had to wait an hour in the doctor's.....

The main symptom of hay fever is that you keep.....

It was quite a bad cut and it was bleeding, so I put on a ..... .

I think he's broken his leg. Quick, someone call an.....

If someone is seriously ill, they may go to hospital to have an.....

He was ten kilos overweight and was advised to go on a ..... .

If you want antibiotics, you'll have to ask the doctor for a prescription.

If you've got measles, your skin is covered in

**Task 10.** Complete the following sentences with the words given in the box below. Translate them into Ukrainian:

*bruise(s) accident fractured ointment plaster cast sick-leave  
complication(s) bandage death bone(s) doctor injury(-ies) diagnosis scalpel  
bleeding throat stretcher cart bleeding skin ambulance diagnosis foot*

1. The patient had several \_\_\_\_\_ of the left lower extremity.
2. The surgeon thought the \_\_\_\_\_ bone had been set properly.
3. A person badly injured in a traffic accident was brought to the hospital by a(n) \_\_\_\_\_.
4. While examining the victim of a traffic accident, the ambulance doctor revealed serious fractures of the \_\_\_\_\_.
5. Falling down he got some injuries to the body so that the \_\_\_\_\_ changed its colour and became blue.
6. A piece of \_\_\_\_\_ was stuck on the wound.
7. During the operation the surgeon made a cut with a \_\_\_\_\_.
8. The patient's post-operative course was without any \_\_\_\_\_.
9. The analyses made in the laboratory confirmed the \_\_\_\_\_ of the disease.
10. The \_\_\_\_\_ which I rubbed in relieved the skin irritation in two days.
11. Patients are always examined thoroughly to enable the \_\_\_\_\_ to make a correct diagnosis.
12. Being on a \_\_\_\_\_, the patient was following a strict bed regime.
13. A poisonous remedy causes \_\_\_\_\_.
14. The doctor has prescribed to me some antiseptic mouth-wash with which I have to gargle my sore \_\_\_\_\_.
15. The nurse put a new outer \_\_\_\_\_ on the patient's wound.
16. The stomach ulcer caused a profuse abdominal \_\_\_\_\_.
17. Having been put a fresh dressing, the patient was wheeled on a \_\_\_\_\_ from the dressing room.
18. The car-driver had an \_\_\_\_\_. He was badly injured, had an open bleeding wound in his leg, his arm was fractured. There were many injuries, abrasions and \_\_\_\_\_ on his face and forehead.
19. His injured \_\_\_\_\_ made him limp badly. The doctor said he would walk with limp during two weeks, but he hoped he would pull through very soon.

**Task 11.** What are some of the most common problems for which people go to a doctor when seeking medical advice and an examination? Do you ever look for medical advice or medication online?

First, listen to the conversation (<http://www.esl-lab.com>) and answer the questions.

*1. What is the man's name?*

- A. Russell
- B. Randall
- C. Ronald

*2. From the conversation, how did the man probably find out about Dr. Carter?*

- A. He saw the office on his way home from work.
- B. A friend referred him to Dr. Carter's office.
- C. He found Dr. Carter's number in the phone book.

*3. What time does he schedule an appointment to see Dr. Carter?*

- A. Tuesday
- B. Wednesday
- C. Thursday

*4. Why does the man want to see the doctor?*

- A. He hurt his knee when a tall ladder fell on him.
- B. He injured his ankle when he fell from a ladder.
- C. He sprain his hand when he fell off the roof of his house.

*5. What does the receptionist suggest at the end of the conversation?*

- A. The man should put some ice on his injury.
- B. The man needs to come into the office right away.
- C. The man ought to take it easy for a few days.

**Task 12.** What are you major concerns in visiting medical facilities, for example, a doctor's office or a hospital, in a foreign country? What differences have you noticed in the medical care, facilities, and attitudes of doctors and nurses towards patients in comparison with those in your own country? Share your opinions on the topic.

**Task 13.** You are health advisers for the country in which you are studying and you are going to decide on the three most important areas for government health funding and what percentage of the health budget should be spent on each area.

### ***Health Issues in the 21st Century***

**Heart Disease** is often hereditary but can also be caused through bad diet and a lack of exercises. It can be prevented, and public awareness levels are high in some countries. However, some sections of the community seem to ignore advice. Treatment is possible; but prevention is obviously preferable in the long term.

**Cancer** takes many forms and is caused by a number of factors. There is strong evidence that smoking and other lifestyle factors contribute significantly, especially to lung and throat cancers. Treatment can be through chemotherapy (being injected with chemicals) or radiotherapy, and success rates are increasing. Some people believe that this, like heart disease, is self-inflicted, and that patients should be asked to pay extra for their treatment.

**HIV/AIDS** awareness levels around the world vary a great deal as to the causes and risks associated with this disease. It is preventable but, as yet, although there is treatment available, there is no known cure. Research continues in the hope of finding one.

**Malaria** is a disease which is spread via mosquito bites. It is easily prevented with the use of mosquito repellents (electronic devices, creams and sprays). It can also be avoided by taking pills regularly, which protect the body from the disease. There is no vaccination liable yet. Malaria cannot be cured as such, though its symptoms (headache, fever, and shaking) are treatable.

**Road Traffic Accidents.** Road safety standards vary a lot from country to country. Drink driving and the use of unsafe vehicles contribute to the deaths of hundreds of thousands of people around the world. Publicity campaigns and stricter laws have made a dramatic difference in some countries.

**Diarrhoea** is one of the most common causes of death, especially among children, in pica. It is caused by polluted water and a lack of food hygiene. It can be prevented by making water supplies safe. It is also important that public awareness is raised as to the causes of water contamination. Diarrhoea itself is easily treated with rehydration medicine.

**Task 14.** Look through the text again and fill in the grid.

<b>Health Spending Budget</b>			
	Disease	Percentage of budget	Reasons
1.			
2.			
3.			

## **CHILDREN'S DISEASES**

**Task 1.** It's not a secret that sometimes you didn't want to go to school and pretended to be ill. Read the poem **Sick** about little Peggy Ann McKay and put down all her illnesses and complains (symptoms).

### ***Sick***

"I cannot go to school today."

Said little Peggy Ann McKay.

"I have the measles and the mumps.

A gash, a rash and purple bumps.

My mouth is wet, my throat is dry,

I'm going blind in my right eye.

My tonsils are as big as rocks.

I've counted sixteen chicken pox

And there's one more — that's seventeen,

And don't you think my face looks green?

My leg is cut, my eyes are blue —

It might be some unknown flu.

I cough and sneeze and gasp and choke.

I'm sure that my left leg is broke —

My hip hurts when I move my chin,

My belly button's caving in,

My back is wrenched, my ankle's sprained

My 'pendix pains each time it rains.

My nose is cold, my toes are numb.

I have a sliver in my thumb.

My neck is stiff, my spine is weak,

I hardly whisper when I speak.

My tongue is filling up my mouth.  
 I think my hair is falling out.  
 My elbows bent, my spine ain't straight  
 My temperature is one-o-eight.  
 My brain is shrunk, I cannot hear.  
 There is a hole inside my ear.  
 I have a hangnail, and my heart is  
 What's that? What's that you say?  
 You say today is — Saturday?  
 G'bye, I'm going out to play!"

**Task 2.** Read children's letters to Dr. Monica and match their problems (1-3) with her answers (a-c).

***Letters to Dr. Monica***

1. Dear Doctor Monica,

Two weeks ago, I was enjoying the beautiful spring flowers in the park when I got a terrible sore throat. At home, I was really surprised to see that my eyes were very red. It isn't a cold, but I still don't feel right. It's really annoying because I love playing sports but I really don't want to go outside at the moment. What's wrong with me?

Alex King, Manchester

2. Dear Doctor Monica,

I used to eat chocolate every day. But a month ago, I started getting terrible headaches. Then I read an interesting article which said that chocolate can cause this. I was completely shocked. Now I don't eat any chocolate and I feel fine ... but it's also a bit depressing. Can I really never eat chocolate again?

Sarah Kahn, New York City

3. Dear Doctor Monica,

My family has two dogs and a cat. I'm at university now and, when I come home for the holidays, I get a rash on my neck and my eyes are really red and sore.

It's a bit embarrassing — everyone thinks I'm crying! I'm really worried because my parents think we should find another home for the animals. I don't want them to go. Is it necessary?

Frances May, London

***Doctor Monica writes back***

a) You are not with your animals all the time, so, perhaps, it won't be necessary for them to live somewhere else. When you are home, try not to touch the dogs or cat too often. They should be given regular baths and, of course, they should never sleep on your bed.

b) It sounds as if you have had fever and are allergic to the pollen from trees and plants. You are doing the right thing. Stay inside and keep the windows shut. Don't be too worried — you'll be OK when the spring is over.

c) Food allergies can be very frightening because the cause is often difficult to find. You know the cause of your problem, so you'll be fine now. But you shouldn't eat chocolate again. I'm sorry.

**Task 3.** Some parents are seeking for medical advice in magazines. Read their letters and match the problems (1-3) with the answers (a-c).

***Medical advice***

Dear Doctor,

1. Every time we go out in the car, our little boy gets very sick. Our other two children have no problems. Is there anything we can do?

Mrs. Thomas, Norwich

2. Dear Doctor,

When my son was in the navy some years ago he had a tattoo on his forearm. It was the name of his girlfriend at that time. He is now engaged to another girl and they are going to get married next year. The tattoo is very embarrassing. Can he have it removed?

Mark Kane, Liverpool

### 3. Dear Doctor,

I have just been told that my daughter is colour blind. Can anything be done about it and how will it affect her future?

Mrs. Wade, Chorley

a) Many people experience severe sickness when travelling by road, sea or air. It is usually caused by the unusual motion which upsets the balance mechanism of the ear. Most children grow out of car sickness. It is important to distract the child sufferer. You should try not to mention the possibility of being sick. It's a good idea to take lots of games, toys and puzzles on the journey. Make sure the children can see out of the window and remember to keep the window open slightly. Fresh air helps. Stop the car frequently and let the children walk about. There are several anti-sickness medicines but I wouldn't advise you to use them without consulting your doctor.

b) This problem is a very common one. Whatever you do, don't try to remove it yourself. You may cause a permanently disfiguring scar. A tattoo can be removed by abrasion, either by hand or by using a high speed rotary drill. This always involves a local anaesthetic. If it is available, laser treatment can give very good results. In some cases, plastic surgery may be necessary. Your family doctor will advise you. I suppose there is a moral here. Young people should always think twice before having anything as permanent as a tattoo. They often regret it later.

c) Colour blindness affects almost five per cent of the population and far more men than women. Difficulty in distinguishing between colours, particularly red and green, is an inherited defect. It rarely causes serious problems. A child soon learns that grass is green and blood is red or that the top light is red and the bottom light is green on a column of traffic lights. For most people there is no problem living with colour blindness. It does not prevent a person becoming a lorry driver or a bus driver. Some colour blind people even become painters or fashion designers. There are a few jobs where perfect colour vision is essential, such as an airline pilot or electrician.

**Task 4.** Study the ailments below and write brief replies to the following letters.

1. Dear Doctor,

My children often suffer from nose bleeds. Can you advise me?

Mrs Travis, Swindon

2. Dear Doctor,

My child can't seem to get rid of his dandruff. I have tried shampoos but they don't seem to work. Is there anything I can do?

Ms Davis, Leeds

3. Dear Doctor,

My child frequently gets hiccups. What is the cause of them and what can I do about them?

Mr Young, Oxford

### ***Nose-bleed***

A common complaint, affecting mainly the young or middle-aged.

*Symptoms.* Bleeding from one or both nostrils.

*Duration.* Most nose-bleeds stop within an hour.

*Causes.* Often none, but common colds, picking, vigorous blowing or sneezing, nose or head injury, pressure changes. HYPERTENSION and SINUSITIS can all cause bleeding. Occasionally BLOOD disorders may be responsible.

*Complications.* None likely.

*Treatment in the home.* Sit upright in a chair with the head slightly forward and firmly pinch the soft part of the nose for at least 15 minutes. Swallow or spit out any blood going down the back of the nose. Breathe through the mouth. After 15 minutes release the nostrils and sit quietly. If bleeding restarts, squeeze the nostrils for a further 15 minutes. When bleeding stops, sit quietly or lie down for a while. Do not blow the nose for at least three hours.

*When to consult the doctor.* If a nose-bleed cannot be stopped by the above measures (particularly in an elderly person), or if so much blood is lost that the patient becomes pale or dizzy.

*What the doctor may do.* Numb the nose with a local anaesthetic and then pack it with gauze or an inflatable balloon. Severe cases will be sent to hospital. Check the blood pressure for hypertension and provide treatment if necessary. CAUTERISE blood vessels that are prone to bleed.

*Prevention.* Do not pick the nose or insert foreign objects into it.

### **Dandruff**

Scales of dead skin from the scalp. It is most common in early adulthood, but may occur at other ages.

*Symptoms.* Dry scales showering on to clothing and surrounds. Less commonly the scales are greasy and stuck to the head and scalp. These cause severe irritation. If removed by scratching, the skin may bleed.

*Duration.* This depends on how the condition is managed.

*Causes.* The cause is not known. The tendency is inherited and the greasier the skin the worse the dandruff.

*Treatment in the home.* Twice weekly use of detergent shampoo helps: for example, one containing 1 per cent of cetrimide. In the more severe forms, proprietary preparations containing salicylic acid, tar or selenium should be tried.

*When to consult the doctor.* If the scalp becomes infected after scratching the head. If the scales persist or get worse after several weeks of home treatment. If the scales appear to be thick.

*What the doctor may do.* Check that the scales are not caused by an infection. Give further advice on how to treat the dandruff.

*Prevention.* No specific steps are available. See SEBORRHOEA.

*Outlook.* Dandruff can be controlled even if not cured.

### **Hiccups**

Repeated and involuntary spasms of the diaphragm.

*Duration.* An attack is usually over in ten to twenty minutes, though prolonged bouts may occur. Persistent hiccups suggest there are underlying abnormalities.

*Causes.* Irritation of the diaphragm by overfilling the stomach after swallowing an excess of food or drink — especially hot fluids. Some bouts seem to have no cause. Rarely, kidney, liver, lung and abdominal disorders.

*Treatment in the home.* Carbon dioxide inhibits hiccups, and simply holding the breath several times will allow carbon dioxide to build up in the body. Breathing in and out of a paper bag works the same way. Do not use a plastic bag as this may fatally obstruct respiration. Most other successful home remedies act by making the patient hold his breath. Sucking ice, drinking water slowly, inducing vomiting, and pulling on the tongue are ways of trying to stop hiccups.

*When to consult the doctor.* If you have persistent or recurrent bouts of hiccups that last more than a day.

*What the doctor may do.* Prescribe a sedative by mouth or injection. See MEDICINES, 17. Arrange a supply of 5 per cent carbon dioxide for you to inhale.

**Task 5.** Discuss with a friend what you would do about the following ailments: a headache, a cold, sunburn, a twisted ankle, indigestion, spots on the face, baldness, cold sores, chapped lips, a cut finger.

**Task 6.** Read the article ***Living Out Loud*** and find out what is wrong with the boy.

Read the article again. Nine sentences have been removed from the article. Choose from the sentences A-I the one which best fits each gap 1-8. There is one sentence which you do not need to use.

A	He has already learnt several words and phrases which allow him to communicate with his mother.
B	His presents included a variety of musical instruments which he loves to play with.

C	Sandra was relieved to find people who would listen to her.
D	A full examination showed that Timothy was completely deaf.
E	However, Sandra knew that the problem was more serious than that.
F	Timothy is only able to communicate by using sign language.
G	Three months before his third birthday, he went into hospital to have the operation that would change his life.
H	Timothy was born deaf.
I	This would mean having an operation to put a special receiver in Timothy's head, with electrodes connected to the nerves in his ears.

### ***Living Out Loud***

Timothy Stevens has lived most of his life in a silent world. Until six months ago, he had never heard his mother's voice, never listened to music and never heard the sound of birds singing or the laughter of his playmates.

1 \_\_\_\_\_ His mother, Sandra, knew that something was wrong with her baby son, because he did not have the same reactions as other babies. "If I didn't look into Tim's eyes, he didn't seem to know I was there," she says.

When he was eight months old, Sandra took Timothy to the hospital and explained why she was worried. The doctors carried out hearing tests and decided that Timothy must be a little backward. 2 \_\_\_\_\_.

Sandra insisted that the hospital should send Timothy to a specialist for more tests. Unfortunately, it was a long time before a specialist would see him. Finally, when he was almost two years old, Timothy and his mother went to a children's hospital in Manchester where the staff had plenty of experience in dealing with deaf children.

3 \_\_\_\_\_ At last, someone believed her when she told them that her son was deaf. "Doctors often think that mothers worry too much about their children and that they always think the worst," she smiles. "I knew I was right about Tim, but it took almost two years before the doctors would agree with me."

However, even Sandra had not imagined that Timothy's condition could be as serious as it was.

4 \_\_\_\_\_ Doctors told Sandra that there was no chance that his hearing would ever improve.

Sandra was shocked to learn that the only hope for Timothy was to have a bionic implant.

5 \_\_\_\_\_ The electrodes would send electric signals to his brain, which would allow him to hear them as sounds. The implant would not allow Timothy to hear perfectly, but it would be the only way for him to ever have a chance of overcoming his deafness. After checking that there was no serious risk involved Sandra put Timothy's name on the waiting list for the operation.

Because he was so young, the doctors decided that Timothy should be given the implant as soon as possible.

6 \_\_\_\_\_ "I have to admit, I was very worried," says Sandra, "but only hours after he came out of theatre, he was playing with the other children on the ward and I knew he was going to be fine! I couldn't wait to find out whether or not, the operation had been successful."

The moment of truth came on Timothy's third birthday, when the doctors switched on the implant for the very first time. Timothy played with toys in the doctor's surgery while a speech therapist played different sounds and checked his reactions. When Sandra said, "Hello Timothy," and he looked into her eyes, she cried tears of happiness.

Timothy is now enjoying a life full of sound. 7 \_\_\_\_\_ He is also attending the local nursery school where he likes nothing more than to make as much noise as possible as he plays with his friends. Timothy celebrated his fourth birthday last week.

8 \_\_\_\_\_ "He is driving me mad with the noise he makes," laughs Sandra, "and that's something I never imagined I would complain about! For me, though, the greatest gift of all is to hear my son talking and to know that he can hear me when I speak to him".

**Task 7.** Do you know why children get sick so often? Or when it's safe to send kids back to school or child care? Here are answers to these questions and more. Read the article carefully to pick out the information to fill the table below.

<i>Illness</i>	<i>Symptoms</i>	<i>Treatment</i>

### ***Children's Illness: Top 5 Causes of Missed School***

Does it seem as if your child is sick all the time? In school or child care, your child's immune system is put to the test. After all, young children in large groups are breeding grounds for the organisms that cause illness. Here's a lineup of the infectious illnesses most likely to keep children home from school or child care, including how to treat and prevent these illnesses — and when it's OK to return to usual activities.

The top five culprits.

#### ***1. Common cold***

The common cold spreads easily through contact with infected respiratory droplets coughed or sneezed into the air. Signs and symptoms may include runny or stuffy nose, itchy or sore throat, cough, sneezing and low-grade fever.

There's no cure for the common cold, and cough and cold medicines aren't recommended for young children — but you can help your child feel better while he or she toughs it out.

Offer plenty of fluids, such as water, juice and chicken soup. Encourage your child to rest as much as possible. Run a humidifier in your child's bedroom, or have your child sit in a steamy bathroom. Try over-the-counter saline nose drops. For an older child, soothe a sore throat with hard candy, cough drops or gargled salt water. An over-the-counter pain reliever can reduce a fever and ease the pain

of a sore throat or headache. Remember, however, low-grade fevers don't need treatment. If you give your child a pain reliever, follow the dosing guidelines carefully. Don't give aspirin to anyone age 18 or younger.

### ***2. Stomach flu (viral gastroenteritis)***

Viral gastroenteritis typically develops after contact with an infected person or after eating or drinking contaminated food or water. Signs include vomiting and diarrhea.

There's no effective treatment for viral gastroenteritis. Prevent dehydration with an oral rehydration solution such as Pedialyte, which can help replace lost fluids, minerals and salts. Encourage your child to rest as much as possible. Slowly return to a normal diet, starting with easy-to-digest items — toast, rice, bananas, potatoes. Avoid dairy products, which can make diarrhea worse.

Don't give your child over-the-counter anti-diarrheal medications unless your child's doctor recommends it. These medications can make it harder for your child's body to eliminate the virus. If your child seems dehydrated — is excessively thirsty, complains of dry mouth, produces little or no urine, or seems severely weak or lethargic — contact the doctor right away.

### ***3. Ear infection (otitis media)***

Ear infections usually start with a viral infection, such as a cold. The middle ear becomes inflamed from the infection, and fluid builds up behind the eardrum. This fluid can become a breeding ground for viruses or bacteria. Your child may complain of ear pain, tug or pull at the affected ear, be unusually irritable or have trouble sleeping.

Most ear infections clear on their own in just a few days, and antibiotics won't help an infection caused by a virus. If your child is uncomfortable place a warm, moist cloth over the affected ear. Ask your child's doctor about pain relievers. He or she may recommend eardrops or an over-the-counter pain reliever, such as acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin, others). Use the correct dose for your child's age and weight. Don't give aspirin to anyone age 18 or younger.

#### ***4. Pink eye (conjunctivitis)***

Pink eye (conjunctivitis) is an inflammation or infection of the clear membrane that lines the eyelid and part of the eyeball. Pink eye is typically caused by a virus, often in association with a cold — although sometimes bacteria or allergies are to blame. When pink eye is caused by a virus or bacteria, it's highly contagious. You may notice redness and discharge in one or both of your child's eyes. Your child may complain of itchy eyes or blurred vision.

If your child has bacterial pink eye, the doctor may prescribe antibiotic eyedrops or ointment. Viral pink eye simply needs to run its course. Use warm or cool compresses on the eyes to ease your child's discomfort.

#### ***5. Sore throat***

Most sore throats are caused by viruses. They're usually associated with other respiratory signs, such as a runny nose and cough. Most sore throats go away without treatment. To help your child feel better in the meantime offer plenty of fluids. Try honey and lemon in hot water. Encourage your child to rest his or her voice as much as possible. Run a humidifier in your child's bedroom, or have your child sit in a steamy bathroom. For an older child, try gargled salt water, hard candy or cough drops. If the sore throat lasts longer than a week, causes severe pain, or is accompanied by a fever or red and swollen tonsils, contact your child's doctor. Your child may have strep throat, a bacterial infection that's treated with antibiotics. Although the specific school or facility guidelines may vary, your child will probably need to stay home if he or she: has a fever higher than 100.4 F (38 C), is vomiting, has diarrhea, is in the first 24 hours of antibiotic treatment for pink eye or strep throat.

Generally, a child can return to school or child care when he or she: has no fever, can eat and drink normally, is rested and alert enough to pay attention in class, has completed any period of doctor-recommended isolation, prevention for one and all. Common sense can go a long way toward preventing illness. Teach your child the basics: keep your hands clean. Remind your child to wash his or her hands before eating and after using the toilet or blowing his or her nose. Suggest

soaping up for as long as it takes to sing the ABCs, "Row, Row, Row Your Boat" or the "Happy Birthday" song. Cover your mouth and nose when you cough or sneeze. It's best to use a tissue. If you can't reach a tissue in time, cough or sneeze into the crook of your elbow. Keep your hands away from your eyes and out of your mouth. Hands are often covered in germs. Avoid anyone who's sick. Close contact with someone who's sick could leave you sick, too.

As your child gets older, he or she will build an arsenal of antibodies to fight common viruses. Gradually your child will become less prone to common illnesses and recover more quickly from the illnesses he or she does catch.

**Task 8.** Use the information from your table and the text and answer the questions. Make notes of your answers not to forget them.

1. Can you name the most common children's illness?
2. What are the symptoms of common cold?
3. How can common cold pass from one person to another?
4. What treatment must a child with common cold have?
5. What are the symptoms of stomach flu?
6. How can stomach flu pass from one person to another?
7. What treatment must a child with stomach flu have?
8. What are the symptoms of ear infection?
9. What treatment must a child with ear infection have?
10. What are the symptoms of pink eye?
11. What treatment must a child with pink eye have?
12. What are the symptoms of sore throat?
13. What treatment must a child with sore throat have?
14. How can we prevent children from being ill?
15. When is it safe to send kids back to school?

**Task 9.** Do the research on the most common children's illness in Ukraine. Make notes.

**Assignment 3****ALTERNATIVE MEDICINE**

**Task 1.** Your British pen-friend isn't very healthy and she has made up her mind to give up traditional medicine and try holistic medicine instead. She needs your sound advice. For it you need some information. Listen to the interview with doctors about holistic medicine and patients who tried it.

Listen to the radio programme about holistic medicine and complete the chart with some of the differences between Western and holistic medicine.

Western Medicine	Holistic Medicine

Listen to the radio programme about holistic medicine once more and answer the following questions:

1. What does the word “holistic” mean?
2. What does holistic medicine differ from Western approach?
3. What does modern medicine treat and why?
4. What does the holistic approach think about illness?
5. What does being healthy mean?
6. What does being ill mean?
7. If holistic medicine doesn't prescribe drugs, how does it treat illness?
8. What are three successful stories discusses in the program? What did the patients suffer from?
9. What did Jack suffer from?
10. What did Jack's acupuncturist do?
11. What was the treatment of Jack's illness and why?
12. Does Glenna Gillingham reject Western medicine totally?
13. Why is holistic medicine becoming so popular?
14. Why are people becoming disillusioned with their doctors?

Listen to the radio programme about holistic medicine once more and give a short summary of the text.

**Task 2.** A certain degree of stress is unavoidable in life. But the pressures of modern, urbanised societies can push stress to dangerously high levels. While we can't completely eliminate stress, we can learn to modify our behaviour in ways that lessen its harmful effects on our minds and bodies. Experts have identified a number of indicators that affect our vulnerability to stress. Some of them have to do with physical factors, some are related to mental and emotional behaviours, and some have to do with nutrition.

The following questionnaire was developed by psychologist researchers at the Boston University medical centre, to evaluate vulnerability to stress, and to highlight those areas in which improvement can be made.

To answer the questionnaire, rate each item according to how often it is true of you. Answer all the items, even if they seem not to apply.

### ***Stress Test***

Fill in the scores: (1) if it occurs almost always (2) frequently (3) occasionally (4) almost never (5) never.

1. I eat at least one hot balanced meal a day.
2. I get 7-8 hours of sleep at least four nights a week.
3. I regularly give and receive affection.
4. I have at least one relative within 50 miles on whom I can rely.
5. I exercise to the point of perspiration at least twice a week.
6. I smoke less than half a pack of cigarettes a day.
7. I take fewer than five alcoholic drinks a week.
8. I am at the appropriate weight for my height.
9. I have an income to meet my basic expenses.
10. I get strength from my religious beliefs.
11. I regularly attend club or social activities.

- 12.I have a network of friends and acquaintances.
- 13.I have one or more friends to confide in.
- 14.I am in good health.
- 15.I am able to speak openly about my feelings when I am angry or worried.
- 16.I have regular conversations with people I live with about domestic problems.
- 17.I do something for fun at least once a week.
- 18.I am able to organise my time effectively.
- 19.I drink fewer than three cups of caffeine-rich drinks (coffee, tea, soft drinks) a day.
- 20.I take some quiet time for myself during the day.

### *Scoring*

Add up the figures of your answers and subtract 20. If you have scored **below 10**, you have an excellent resistance to stress. If your score was **over 30** are vulnerable to stress in your life, a score of **over 50 indicates** you are seriously vulnerable to stress, and you should begin making some changes in your life.

Take a look at the items on which you scored 3 or higher, and begin to modify your behaviour. For instance, if you scored 4 on number 19, you can reduce your consumption of caffeine-rich beverages, and reduce your vulnerability to stress. Tackle the easy-to-change items, before the more difficult ones.

**Task 3.** Many people nowadays say that they are stressed. Make a list of reasons for this, and a list of ways of dealing with stress.

Stress	
reasons	ways of dealing with stress

**Task 4.** Put the phrases below in the best category. Mark them *S* if they are related to stress, *R* if they relate to relaxation.

- feeling tense
- getting things into perspective
- feeling worked up
- things getting on top of you
- taking things in your stride
- chilling out
- being in a trance
- taking a step back
- finding it difficult to unwind
- getting pains in your chest
- feeling bad-tempered
- doing breathing exercises

**Task 5.** You are going to hear someone giving advice on how to reduce stress. Listen (Upstream Intermediate Student's Book ex. 35 p. 78) and say where you might hear this dialogue.

How do the speakers sound? Why?

Listen again and write *Yes* or *No* for each statement:

1. The woman is suffering from stress.
2. She often goes out with her friends.
3. She thinks her work is causing her stress.
4. The man suggests that she find another job.
5. The woman can work fewer hours.
6. The man suggests she take some medicine.

**Task 6.** Read the introduction of an article from The Observer magazine — Complementary health the guinea pigs, but does it work? Colour therapy, Thai yoga massage, hypnotherapy or acupuncture? Four highly stressed teachers put a range of alternative therapies to the test. What do you think these treatments involve?

**Task 7.** Reading the article about alternative medicine you must be aware of some medical terms. Match the method of alternative medicine to its definition in the table below.

1	<b>Hypnotherapy</b>	A	a treatment for pain and disease that involves pushing special needles into parts of the body.
2	<b>Thai yoga massage</b>	B	therapy which is all about light and involves gazing at various coloured lights to stimulate different parts of the brain.
3	<b>Acupuncture</b>	C	a system of exercises that help you control your mind and body in order to relax, relieves physical stress and stretches your limbs most effectively; combines the yoga of India with the acupressure and meridian massage of China.
4	<b>Colour therapy</b>	D	the use of hypnosis to treat emotional or physical problems, involves being induced into a light trance state usually by closing your eyes and listening to the therapist's voice.

**Task 8.** Read the article from The Observer magazine about the teachers who tried colour therapy, Thai yoga massage, hypnotherapy and acupuncture and complete the columns of the grid.

Name	<i>Alison</i>	<i>Ray</i>	<i>Dayle</i>	<i>Jackie</i>
Method	<i>Hypnotherapy</i>	<i>Colour therapy</i>	<i>Thai yoga massage</i>	<i>Acupuncture</i>
His/her symptoms of stress				
Initial attitude to therapy				
Brief description of therapy				
Relationship with practitioner				
His/her assessment of the treatment				

### **Complementary health the guinea pigs, but does it work?**

**Colour therapy, Thai yoga massage, hypnotherapy or acupuncture?**

**Four highly stressed teachers put a range of alternative therapies to the test.**

#### ***Hypnotherapy***

*Alison Hatch teaches a class of seven- and eight-year-olds.*

'I often get stressed at work, and it makes me feel bad-tempered and really worked up. I get pains in my chest, and an infection flares up in my hair and eyebrows. I'm very open-minded about alternative medicine.'

#### ***Prescribed:***

Hypnotherapy, which involves being induced into a light trance state usually by closing your eyes and listening to the therapist's voice. Though it directs itself to your unconscious mind, you remain aware of your surroundings.

Alison says, 'We spent a large part of the first session looking back at my medical history and my life from when I was very small. She asked me what I was stressed about, to which the answer was "Everything". The discussion was almost like therapy. I'd describe a stressful scenario, and she would look at it in a different way, explaining how things that happened in my childhood affect my reactions now.'

'Afterwards, she taught me breathing exercises for relaxation. Then she got me to lie down and imagine a special place where I could go to relax. I thought of a rock pool in a green lagoon. She said that after she counted to ten very slowly she wanted me to be in my relaxed place in my mind, which was where I ended up.'

'She would then talk through whatever problems had come up at the beginning of the session, then she counted back to ten and took me out. The idea was that, when stressed, I would be able to close my eyes and remember that state of total relaxation and it's true, I can take myself back there if I want to. The infection hasn't been a problem since I started the treatment. When I find a classroom stressful, I take a step back, breathe and tell myself to chill out. A boy came up to me in the classroom the other day and said, "Miss, what are you doing?" and I said, "I'm counting to ten, Alex."'

*Continuing treatment:* Yes.

### ***Colour therapy***

*Ray Coles teaches a class of ten- and eleven-year-olds.*

'I find school very rushed and I only eat when I can find a minute to grab something. I've just moved to the area to take up this job and I really miss having a social circle. When I get stressed at work, I get hyperactive and find it difficult to unwind. I also tend to have difficulty concentrating and suffer from an aching back when I'm tense.'

*Prescribed:*

Colour therapy which is all about light, and involves gazing at various coloured lights to stimulate different parts of the brain.

Ray says: 'I'm open-minded about alternative remedies, so I was ready to give this a go. We began by having a good old natter so that she could get to know me. It was a psychological discussion to talk about what stressed me out, such as school and life at home. She made really constructive suggestions about what I should actually do about my problems, and taught me some quite straightforward relaxation exercises.'

'After the discussion she asked me to lie down on the bed and dangled a crystal over my head from head to toe. She said that the energy from some colours was missing from certain parts of my body, but I thought she could have drawn a lot of her assumptions from the discussion rather than picking it up from the crystal vibes. It could have been bluff and guesswork, but she seems extremely genuine in what she believes.'

'Next, she switched on the disco lights and left me with them for 20 minutes. When she came back, she dangled the crystal again over certain points of my body and said she could see healing had taken place and certain parts were no longer as tense. I think it's a bit like horoscopes when you read that you'll meet a handsome stranger, you do suddenly begin to notice a lot of strange handsome people around you. An awful lot of the treatment relies on the power of suggestion.'

'I was very stressed about my workload and I got things far more in perspective. It was like going to someone for an independent viewpoint, because she gave me a lot of advice on interpersonal relationships. I wouldn't go out of my way to recommend colour therapy, but I would suggest finding someone to go and have a good chinwag with.'

*Continuing treatment?* No.

### ***Thai Yoga Massage***

*Dayle Brain teaches ten- and eleven-year-olds.*

'I get very stressed and often have a raging headache when I leave school. It feels as though I'm constantly taking painkillers. Like most teachers I crash during the first week of the holidays and get throat infections. I don't know much about

these treatments but I wouldn't mind doing something that involves some gentle stretching.'

*Prescribed:*

Thai yoga massage which relieves physical stress and strain and stretches your limbs most effectively. It combines the yoga of India with the acupressure and meridian massage of China. It's like having your yoga done for you.

Dayle says: 'I had only flirted with complementary medicine before. Thai yoga massage is certainly not massage as we know it. It involves much harder pressing and it felt like I was a piece of dough being kneaded. When the practitioner was massaging me (through clothes) I did sometimes think, "Please don't do that any more". He didn't actually talk to me apart from when he gave instructions which I found very eerie. If he'd spoken to me more, I would have felt more at ease.

'I felt quite energetic after the first session, but it only lasted the day of the treatment. The next day I felt back to normal. As the sessions went on, the massage got harder and my body felt as though it had been worked on each time, but I never got that feeling of instant energy back again.

'It's difficult to say what benefit the treatment finally had. As the treatments went on, the headaches began to improve and things didn't seem to get on top of me the way they used to. I don't know if this can necessarily be put down to the treatment because stress depends on so many things. Taking time out for myself had a lot to do with it. I feel selfish if I do things for myself. I've spent a whole hour each time letting someone else take over my life and I think that's the key.'

*Continuing treatment? No.*

***Acupuncture***

*Head teacher Jackie Cox is 53.*

'As head of the school, my job involves juggling several roles, and I just don't have time to relieve my stress. I suffer from an inflammatory disease which flares up when I'm under stress, and I'm ill most school holidays.'

*Prescribed:*

Acupuncture, which involves inserting fine sterile needles into various trigger points that run along 12 energy channels throughout the body.

Jackie says: 'I was extremely sceptical beforehand because I don't have much time for this sort of stuff. Still, at my first session the practitioner did a very thorough initial consultation involving my health history and important life events. It was so comprehensive it lasted 90 minutes, and I felt very reassured by her, which filled me with confidence. After that, she got started and, as the sessions have progressed, I've just felt better and better.'

'She didn't use big pins to start off with, she just put some very fine ones in my back, and took them out, almost immediately, so that helped me with any initial apprehension I might have had. My husband has even noticed a difference in me. He thinks I'm much more laid back about things, and I certainly feel it.'

'I've just had a week off and usually I get very stressed during my holidays. I don't really enjoy the break, but it's been a good week. Now I'm back at work, which is a very stressful environment, but I'm just taking it in my stride. It's not a very relaxing treatment in itself — it's very different from having a massage, for example. I got on very well with the practitioner, though. At the beginning of every session, we would go through what had happened in my week. She would ask me how I was feeling and how my stress levels were, before taking my pulses and deciding where she was going to position the needles. I found the process riveting after having been such a sceptic'

*Continuing treatment?* Yes.

**Task 9:** Rank the therapies from 1 (= most successful), to 4 (= least successful). Explain why.

- Hypnotherapy
- Colour therapy
- Thai yoga massage
- Acupuncture

**Task 10.** Agree or disagree with the statements about the teachers who tried colour therapy, Thai yoga massage, hypnotherapy and acupuncture. Correct the false statements.

1. Alison Hatch is very upset about her job as a teacher, has many problems with her health and is ready to accept non-traditional treatments.
2. Hypnotherapy involves being induced into a light trance state and listening to the therapist's voice; it directs itself to patient's unconscious mind, while he / she remains unaware of his / her surroundings.
3. The use of the imagination is one of the vital components of successful hypnotherapy.
4. Colour therapy involves different tests, drawings, breathing exercises and gazing at various coloured lights to stimulate different parts of the brain.
5. Ray is very satisfied with colour therapy; his practitioner made really constructive suggestions about his problems, and taught him some quite straightforward relaxation exercises.
6. Thai yoga massage relieves physical stress and strain and stretches your limbs most effectively; it combines the yoga of India with the acupressure and light massage of China.
7. After the first session Dale felt quite energetic as the sessions went on, the massage got harder and his body felt as though it had been worked on each time, but his energy finally came back again.
8. Acupuncture like many other healing techniques has as a basic principle the concept of energy flows in the body.
9. Jackie Cox doubted acupuncture beforehand because she didn't have much time for it.
10. Jackie Cox was very reassured by her practitioner, filled with confidence, but as the sessions have progressed sometimes she didn't feel more healthy or less ill than before.

**Task 11.** Express your opinion on the given statements giving reasons/examples why you agree or disagree with it.

*Western doctors don't care about their patients. They just care about money!*

*Alternative medicine is a waste of time. Anyone who believes in that stuff is crazy.*

**Task 12.** Write a letter to your British pen-friend and give sound advice whether it is worth giving up Traditional medicine and trying Holistic medicine.

**Assignment 4****HEALTHY LIVING STYLE**

**Task 1.** Our lifestyles today are very busy. We have family, school, sports, leisure and social commitments to fit into a limited time. We need to be healthy to cope with the demands of daily life. But what does it mean to have a healthy lifestyle? To have a healthy lifestyle, we need to: eat a variety of healthy food most of the time, get regular exercise, have time to relax, get adequate sleep to give our bodies time to recover and grow. It is important to balance these aspects of life, rather than putting more emphasis on one than another.

Read the descriptions below of a normal day in the lives of two children. Use the key below to rate the different aspects of the two lifestyles, then suggest possible improvements.

*1 — healthy 2 — could be improved 3 — unhealthy*

Health aspect	Abbey	Carl	Any suggested improvements?
Diet			
Sleep			
Exercise			
Relaxation			

***What Is a Healthy Lifestyle?***

**Abbey.** Abbey gets up at 7:00 am, feeds the dog, and has cereal and a glass of juice for breakfast. She walks to school with her friend, Julia. She has a package of chips for a morning snack, drinks water from the water fountain, and has a chicken and lettuce sandwich with a banana for lunch. She likes to play soccer with her friends at lunch and morning break time. She walks home with Julia, has some crackers with cheese and fruit juice for afternoon snack and plays with the dog for a while. She plays computer games for an hour or two before dinner, then has a

shower and does her homework. She watches her favorite television show for an hour, then usually goes to bed at about 9:30 pm.

**Carl.** Carl gets up at 8:30 am and has two slices of toast with jam with a glass of milk for breakfast. His mother drives him to school on her way to work. He eats cookies and a packaged fruit drink for morning snack and a pot pie ordered from the school cafeteria with a fruit drink for lunch. He likes to play card games with his friends at lunchtime and climb the fixed equipment at morning break time. He catches the bus home, has a cereal bar and a can of soda for afternoon snack, then watches some television. He has a shower before dinner, then plays the computer for an hour or two. He goes to bed at about 10:30 pm.

**Task 2.** Have you ever wondered how healthy you really are? This is obviously a very important question a person should always be asking his or herself because taking stock of your health helps you stay well. Try the quiz and find out how healthy you are.

Once you take this quiz, you're going to discover just how healthy you are in the 4 main areas of health that complete you. These areas are: physical, spiritual, emotional, mental/mind. All 4 areas are interconnected for a healthy, happy you. If one area isn't doing so well, you won't be doing so well either. It's imperative that all 4 areas are working like a well-oiled machine so that you can live the breakthrough life you've always dreamed of. So, take the quiz now to discover which areas are your healthiest and which areas need improving!

### ***How Healthy Are You?***

For each even question, give yourself 1 point if you said Yes/Agree

For each odd question, deduct 1 point if you said Yes/Agree

Remember that you can have between 8 to 7 points for each category.

### ***Mental Health***

1. I know I'll get embarrassed if I speak up.
2. I am here on earth for a reason and I will discover that reason sooner or later/have discovered my life purpose.

3. I make excuses for myself all the time.
4. I can plan ahead without fear of future.
5. I often feel that people stare at me and talk about me behind my back.
6. I choose positive resourceful thoughts even in difficult situations.
7. I feel like I do dumb things all the time.
8. I do my best in every situation and give a 100%.
9. I am generally optimistic but believe that you can't always get what you want.
10. I recognize that I hold beliefs that have held me back and try to change them.
11. I am happy with what I have and I don't really need more.
12. I welcome new ideas and experiences.
13. I believe that it's wrong to want to have more than what's been given to me.
14. I feel like I can accomplish anything if I set my mind to it.
15. Some things are just out of my control.

### ***Physical Health***

1. I do not enjoy playing or taking part in any sporting activities that cause me to sweat or my heart rate to increase.
2. I eat a balanced and healthy diet - even if I slip off the bandwagon sometimes, I can easily get back on track.
3. My physical strength is less than average/I cannot touch my toes/I cannot walk for less than 10 minutes without getting out of breath.
4. I work out at least 3 times a week for 30 minutes.
5. I do not have an organized routine. I sleep and eat whenever I want.
6. I mediate daily or have a habit of meditation.
7. I never seem to get enough sleep; I am always drowsy.
8. I sleep at least 8 hours a day.
9. I often eat fast food or deep fried foods.

10. I love to walk to places as opposed to driving/being transported there or I always take the elevator instead of the stairs.

11. I like to lie in bed late at the weekends.

12. I fall asleep within the first 15 minutes of my head touching the pillow.

13. I frequently skip meals or forget to eat because I am so busy.

14. I drink at least the recommended 8 glasses of water a day. More if I am active.

15. I am addicted to caffeine or nicotine - or habitually use these substances.

### ***Emotional Health***

1. I am quick to anger, sometimes without reason.
2. I do not fear rejection from my friends, family and the people surrounding me.
3. I often judge people based on my current emotions.
4. I am generally a positive person and it shows.
5. People think I am arrogant when I'm in fact just shy and insecure about myself.
6. I am confident in my abilities and skills in my job and career.
7. I have a temper that I can't seem to control.
8. I am confident and secure in my relationships.
9. I am a shy person.
10. I forgive anyone anything they do, easily and completely.
11. I am quick to get defensive and want to punish those who challenge me.
12. I believe that failure is only the next stepping stone to success.
13. I am my own harshest critic.
14. I welcome and accept anyone's shortcoming with open arms.
15. I question other people's abilities or motives.

### ***Spiritual Health***

1. There is no meaning to life. It is just part of the natural equilibrium of things.
2. I never let myself believe that my faith in me is unjustified.

3. I don't believe anything that hasn't been tested and proved by science.
4. I accept that there are some things I will just never understand.
5. I often ask myself why should we continue living?
6. I feel a strong connection to a higher power or inner source and frequently communicate with it.
7. I don't believe that there is a reason for being on earth other than to live out our years.
8. I have full faith in myself and I believe that faith is what gets me through tough times.
9. I do not have an "approach" to life - it just happens you have to deal with it.
10. I believe that I will achieve all that I aspire to achieve in my life and more.
11. I don't believe that I have any control over my fate. Everything has been preplanned for me so I should just hope for the best.
12. I have discovered and am living my life purpose.
13. I don't think there is a "way out" at all. Life's been designed to pull you under so that you'll struggle until the day you die.
14. I know exactly the reasons for my current approach to life.
15. I have no specific rituals that I do (like pray, meditate, etc.) that connect me to a higher source.

### ***So How Did You Do?***

To rate yourself, add up how you did in each category - the closer to 8 you are, the healthier you are. If you have 0 or are in the negatives, then the less healthy you are. Read below to find out how healthy you are in each of the 4 areas of health:

### ***Physical Health***

Having a high positive number in the physical health category means that you are most likely an active, outgoing and strong person. Your nutrition, dietary and sleep habits put you at a very low risk for heart disease, obesity, high blood

pressure and a myriad of other health challenges. While there is always room for improvement, you are on the right track.

If you have a negative score, then you're likely in poor physical condition. If you are currently not having any health challenges, you could still be at risk for physical illness. Maybe you even notice small things - like getting sick often, reoccurring headaches or feeling tired all the time. With these current health habits, you could be facing a future of poor physical health.

### ***Emotional Health***

If you have a positive number in emotional health you are likely a very calm and peaceful person who forgives easily - yourself and others. Strong emotional health helps you react to stress in a resourceful way. Your friends probably describe you as a positive, optimistic type of person. You are most likely confident, a level headed person who is very adept in dealing with your emotions. That is, your feelings and emotions don't control you or the decisions you make. Positive emotional health helps protect you from depression, the negative effects of stress, heart disease and high blood pressure.

If you scored negatively, you have delicate emotional health. You could be quick to anger and are prone to stress out very easily. Stress represses your immune system making you more susceptible to colds and other illnesses. You could be the type of person to have many doubts and fears, which might stem from a lack of self confidence. Low self esteem can lead to jealousy and shyness, which damages the relationships with those around you. Poor emotional health can lead to loneliness, depression, and inhibit your chances of succeeding.

### ***Mental Health***

If you scored a high positive number in the mental health category that means you're the type of person who has goals and a vision for your life. You are most likely a life long learner who is constantly looking for new experiences to grow and challenge yourself. You tend to choose positive resourceful belief systems that help you reach your goals. Your friends would describe you as a go-getter and a problem solver.

If you have a low or negative score, you could be the type of person who doesn't "dream big" or reach for the stars. This could possibly be because you think that it is not possible for you. You tend to second guess yourself and your abilities. You could be known as the "glass is half empty" type of person. You are prone to apathy and this is because you often feel as though much of your life is out of your control and your job is to just deal with it. Weak mental health can make you more susceptible to lethargy, sleeping problems and mental illness, especially as you age.

### ***Spiritual Health***

Having a healthy spiritual body is beneficial in many ways. Having strong faith will help you in making the big decisions and aid you in facing the difficult times. Your connection to a purpose greater can make you feel fulfilled and happy. You are most likely generous and charitable. Your strong spiritual connection will help you understand the big picture - keeping you positive and healthy.

Weak spiritual health will cause you to feel hopeless and out of control. Sometimes you might act a little selfish or greedy. You tend to be a more negative person and sometimes feel as if there is no purpose for living. Having weak spiritual ties makes you more susceptible to depression, mental illness and stress.

**Task 3.** Match verbs 1-8 with phrases A-H to form collocations connected with a healthy lifestyle. There may be different solutions possible.

1	stay	A	enough sleep
2	keep	B	fit
3	avoid	C	a sensible diet
4	go	D	jogging
5	work out	E	in shape
6	get	F	weight
7	lose	G	stress
8	follow	H	in the gym

**Task 4.** Read the following leaflet giving advice on leading a healthy life. Some phrases have been left out of the text. Choose from phrases A-I below to complete the gaps. There is one phrase you're not going to need.

### ***How to live to be 100***

#### ***Do***

Reduce calories and cut down on sweets, cakes and chocolate. If you are overweight, try to lose weight. Being overweight increases your 1 \_\_\_\_\_ of developing circulation problems.

Follow a sensible diet – eat as much low-fat food as possible: chicken, fish and yogurt are good for you. Aim to eat at least five portions of fruit and vegetables a day to ensure your 2 \_\_\_\_\_ of Vitamin C and health-giving minerals.

Give up smoking – every cigarette shortens your life.

Lead an active lifestyle. Keep fit and stay in shape: 3 \_\_\_\_\_ out in the gym or take up jogging? Choose an activity that you 4 \_\_\_\_\_. Exercise should be a pleasure, not a duty. Aim to exercise for about 30 minutes at least five times a week. If you work sitting down, 5 \_\_\_\_\_ up as often as you can and walking around for a while.

#### ***Don't***

Don't go to bed late: if you don't get enough sleep, you will lack energy and you will age faster. Sleep replenishes the energies spent during the day and aids the natural healing process of the body.

Don't get stressed: 6 \_\_\_\_\_ and avoid stress at home, school or work. Learn to relax, and when you feel that your stress level is rising, take a break.

Don't eat between meals: it's the fastest way to put on weight. If you 7 \_\_\_\_\_ snacks, try at least to eat healthy snacks, like fruit or yogurt.

Don't be a fitness fanatic! You need to stay in shape but remember to 8 \_\_\_\_\_.

- A why not work
- B it's worth practising
- C keep calm
- D chances
- E can't give up
- F try getting
- G maintain a balanced lifestyle
- H enjoy doing
- I intake

**Task 5.** You are going to hear a radio interview with an elderly man (Exam Excellence p. 79, Track 17). First read sentences 1-7. Choose the correct option: a, b, or c, according to the information you hear in the recording.

1. *Mr Sinclair tells us that he*

- a has already celebrated his 100th birthday.
- b is going to celebrate his 100th birthday soon.
- c cannot remember precisely when his birthday is.

2. *Mr Sinclair has been married*

- a once.
- b twice.
- c three times.

3. *How many grandchildren does Mr Sinclair have?*

a six.

b ten.

c twelve.

4. *When he was young, Mr Sinclair*

a worked in the open air.

b ate a healthy diet.

c took regular exercise.

*5. Most of Mr Sinclair's brothers and sisters*

a resembled their mother.

b lived for a long time.

c had health problems.

*6. Mr Sinclair believes it is important*

a to avoid problems.

b to work hard.

c to be optimistic.

*7. Mr Sinclair gave up smoking*

a at the same time as his wife.

b to please his wife.

c when his wife left him.

**Task 6.** Read the text below and think of the word which best fits each space. Use only one word in each space. There is an example (0) at the beginning.

***Don't be SAD***

Most of us, at some time or 0) another, suffer from the 'winter blues'. As the days get shorter and cooler, we find ourselves feeling tired and we tend 1) \_\_\_\_ eat more than we should. It is perfectly natural, our internal biological clocks are simply reacting to the changes in sunlight patterns. The only solution is to carry 2) \_\_\_\_\_ and try to make the best of things 3) \_\_\_\_\_ waiting for spring.

Some people, however, 4) \_\_\_\_\_ the 'winter blues' overwhelming. They have little or no interest 5) \_\_\_\_\_ work, school, family or friends. They are tired all the time, 6) \_\_\_\_\_ matter how much sleep they get, and they crave carbohydrates (potatoes, bread, spaghetti, etc). They also experience feelings of despair, misery and hopelessness. These are symptoms of the disease 7) \_\_\_\_\_ as SAD or Seasonal Affective Disorder.

The cure 8) \_\_\_\_\_ a logical one. Sufferers need exposure to bright light. For mild forms of the disease simply spending more 9) \_\_\_\_\_ outside usually helps to relieve the symptoms, but serious SAD sufferers need 10) \_\_\_\_\_ more

effective treatment. According to medical professionals, the recommended treatment 11) \_\_\_\_\_ SAD is exposure, from 30 minutes to two hours daily, to a 'light box'. This box produces a bright light which is similar to being outside on a cloudy winter's day in Alaska. The patient 12) \_\_\_\_\_ to allow the light to make contact with their eyes as research has shown that it is the effect of light on the eyes, rather 13) \_\_\_\_\_ on the skin, which reduces SAD symptoms. Exercise can also help relieve symptoms of depression.

Luckily, though, most 14) \_\_\_\_\_ us simply experience a mild form of the disease. In this case, an effective cure includes anything 15) \_\_\_\_\_ a Caribbean holiday, to a great evening out with friends.

**Task 7.** Read the text below, then circle the answer A, B, C or D with best fits the space, as in the example (0) at the beginning.

### ***Curry Cures***

Curry, nowadays, is becoming known as a 0) traditional English food. In fact, it is 1) \_\_\_\_\_ easier to find an Indian restaurant than a fish and chip shop in most large cities and towns in the UK. The reasons are obvious, curries are tasty, whereas traditional English food 2) \_\_\_\_\_ sometimes be quite bland. What few people know, 3) \_\_\_\_\_, is that most of the herbs and spice: used to make curry have medical properties.

Garlic and onions have been used 4) \_\_\_\_\_ thousands of years: to help lower cholesterol and blood pressure and treat infections. Turmeric acid aids digestion, acts as an antiseptic and supposedly has anti-cancer properties. Coriander, used 5) \_\_\_\_\_ the ancient Greeks and Egyptians to flavour wine, is known to ease migraine headaches.

Ginger is 6) known for its ability to suppress nausea, and reduce fever. When used topically it also acts as an effective 7) \_\_\_\_\_. Chilli is also famous as a topical pain reliever as well as being able to stop bleeding 8) applied to a cut. It also helps the body produce endorphins which cause feelings of pleasure. Cloves are useful for preserving food and they are also

a(n) 9) \_\_\_\_\_ ingredient in topical pain relievers used by dentists. But, be warned, before you go rushing to your spice rack to 10) \_\_\_\_\_ your aches and pains make sure that you 11) \_\_\_\_\_ what you are doing. Most of these spices can have a 12) \_\_\_\_\_ effect if you use too much. It is also 13) \_\_\_\_\_ to find out what form they should be in. For example, cutting a raw chilli pepper and rubbing it into an open 14) \_\_\_\_\_ could be 15) \_\_\_\_\_ as well as harmful.

0	A	accepted	B	usual	C	traditional	D	cultural
1	A	quite	B	often	C	very	D	seldom
2	A	is	B	would	C	could	D	can
3	A	so	B	fortunately	C	nevertheless	D	however
4	A	for	B	in	C	since	D	during
5	A	with	B	by	C	for	D	from
6	A	much	B	highly	C	very	D	well
7	A	painkiller	B	stopper	C	reducer	D	destroyer
8	A	while	B	when	C	as	D	whether
9	A	first	B	important	C	usual	D	main
10	A	solve	B	fix	C	cure	D	mend
11	A	think	B	consider	C	learn	D	know
12	A	positive	B	unknown	C	negative	D	minimal
13	A	important	B	needed	C	advised	D	significant
14	A	injury	B	hurt	C	sprain	D	wound
15	A	hurtful	B	painful	C	helpful	D	awful

**Task 8.** Read the text below and think of the word which best fits each space. Use only one word in each space. There is an example (0) at the beginning.

### ***Ancient Health Secret***

Looking 0) for a way to improve your health? Adding green tea 1) \_\_\_\_\_ your diet may be the answer. In recent studies, green tea 2) \_\_\_\_\_ proved to be beneficial to our health, confirming 3)\_\_\_\_\_ least 4,000 years of medical practice in Asia. It is the second 4) \_\_\_\_\_ common drink in the world and could also be

5) \_\_\_\_ most valuable substance you can take 6) \_\_\_\_ protect your general health. Studies have shown that people 7) \_\_\_\_ drink green tea have a lower risk of suffering from many diseases, 8) \_\_\_\_ as cancer and heart disease. Furthermore, green tea is very filling and curbs your appetite. It also aids in breaking 9) \_\_\_\_ body fat and lowering high blood sugar levels. Other advantages include the prevention of viruses and tooth decay. However, 10) \_\_\_\_ order to reap the full protective benefits of green tea, you 11) \_\_\_\_ to drink at least 5-10 cups a day. Green tea extract tablets are also 12) \_\_\_\_ the market for those who want to get their daily dose, without, having to drink so 13) \_\_\_\_ cups. Green tea is sure to make 14) \_\_\_\_ difference to your eating habits and overall health. So, why 15) \_\_\_\_ have a cup today?

**Task 9.** Fill in the blanks. The first letter of each missing word has been given.

### *A Picture of Health*

People nowadays are more health-conscious than they used to be. We jog to keep (1) f\_\_\_\_\_ or take other forms of regular (2) e\_\_\_\_\_. Thousands of us go to a (3) g\_\_\_\_\_ on a regular basis. Many more (4) d\_\_\_\_\_ to lose weight. Fortunately, (5) s \_\_\_\_\_ has been banned on most flights and in most public places because everyone agrees it does (6) h\_\_\_\_\_ to our health. However, there are killer (7) d\_\_\_\_\_ like Aids and cancer which still seem to be incurable. And malaria is the biggest cause of (8) d\_\_\_\_\_: in the Third World. Heart (9) a\_\_\_\_\_ remain the most common cause of death in Europe. The importance of (10) h\_\_\_\_\_ is reflected in everyday expressions such as 'to drink to someone's health' or saying "To your health!" as we drink a glass of wine.

**Task 10.** Read the text below, then circle the answer A, B, C or D which best fits the space. There is an example (0) at the beginning.

### ***Going Bananas Over Bananas***

Bananas have become Britain's **0) most** popular fruit. It is hardly surprising since this bright yellow tropical fruit has so much to 1) \_\_\_\_\_. It tastes sweet and delicious, it is 2) \_\_\_\_\_ with vitamins and minerals and is very 3) \_\_\_\_\_. Bananas also contain a mixture of three different sugars combined 4) \_\_\_\_\_ fibre, which gives your system an instant burst 5) \_\_\_\_\_ energy. They are enjoyed by many world class athletes, who use them to 6) \_\_\_\_\_ their energy levels up during competitions. 7) \_\_\_\_\_ fact, they are often taken onto Centre Court for a mid-game snack by leading tennis stars or eaten at half-time 8) \_\_\_\_\_ famous footballers. Even golfers carry them around to eat during their game. Bananas 9) \_\_\_\_\_ make a great breakfast or snack for students as they are 10) \_\_\_\_\_ in potassium, vital for improving concentration. What's more, it's not only humans who 11) \_\_\_\_\_ enjoy the benefits. Horse trainers use bananas to boost the 12) \_\_\_\_\_ of their four-legged athletes. As you can see, bananas 13) \_\_\_\_\_ for everyone. We can all increase our daily vitality with the help of this unique fruit. Simply slicing a banana on 14) \_\_\_\_\_ of our breakfast cereal, eating one with our lunch or just snacking on one 15) \_\_\_\_\_ the day can help us keep our energy levels high.

0	A	much	B	most	C	many	D	best
1	A	give	B	take	C	offer	D	bring
2	A	packed	B	complete	C	full	D	top
3	A	simple	B	easy	C	comfortable	D	gentle
4	A	to	B	of	C	with	D	by
5	A	of	B	in	C	with	D	out
6	A	match	B	take	C	catch	D	keep
7	A	to	B	on	C	for	D	in
8	A	with	B	by	C	for	D	as
9	A	also	B	however	C	besides	D	though
10	A	wealthy	B	full	C	healthy	D	rich

11	A	might	B	can	C	must	D	would
12	A	effect	B	competition	C	performance	D	challenge
13	A	do	B	make	C	help	D	are
14	A	top	B	over	C	cover	D	through
15	A	while	B	after	C	during	D	before

**Task 11.** Read the text below, then circle the answer A, B, C or D which best fits the space.

The oldest person in the world has (1) \_\_\_\_ in her sleep at the age of 115. Ms. Gertrude Baines from the USA had held the title for most of this year. She became the world's oldest person in January, (2) \_\_\_\_ the death of Portuguese Maria de Jesus. She also died at the (3) \_\_\_\_ old age of 115. Ms. Baines was born in Georgia in 1894. She grew up in the southern American state during the time of terrible (4) \_\_\_\_ discrimination against black people. She saw many changes in her life, including the civil rights movement that brought greater (5) \_\_\_\_\_. She got married when she was very young and had a child when she was just fifteen. Gertrude received a Guinness World Records certificate (6) \_\_\_\_ her 115th birthday.

Ms. Baines had such a long life (7) \_\_\_\_ of her healthy lifestyle. The AFP news agency reported what she said to her doctor Charles Witt: "She told me that she owes her (8) \_\_\_\_ to the Lord; that she never did drink, she never did smoke and she never did (9) \_\_\_\_ around." Dr. Witt said Gertrude had been "in excellent shape" just two days before her death. "She was (10) \_\_\_\_ alert. She smiled frequently," he said. Ms Baines became famous in 2008 for voting for President Obama in the U.S. election. It was only the second time she (11) \_\_\_\_ voted. The first was for John F. Kennedy in the 1960s. She lived to see 21 (12) \_\_\_\_ American presidents. She told reporters she chose Mr. Obama "because he's for the coloured people".

Put the correct words from the table below in the above article.

1.	A	dead	B	death	C	dies	D	died
2.	A	following	B	follows	C	followed	D	follower
3.	A	rip	B	ripen	C	ripe	D	ripped
4.	A	racists	B	racial	C	racially	D	racism
5.	A	equals	B	equality	C	equal	D	equally
6.	A	in	B	at	C	on	D	by
7.	A	because	B	due	C	so	D	reason
8.	A	length	B	long	C	longing	D	longevity
9.	A	idiot	B	stupid	C	silly	D	fool
10.	A	mental	B	mentally	C	mentality	D	mental age
11.	A	had	B	have	C	having	D	has
12.	A	differ	B	differs	C	different	D	difference

**Task 12.** Have you got a healthy lifestyle? Look through the letters Andrew received. What is each person's problem?

Hungry & Miserable, Coventry \_\_\_\_\_

Stressed, Brighton \_\_\_\_\_

Sleepy, Cardiff \_\_\_\_\_

Read the article ***You asked Andrew.....*** once more. Match Andrew's answers A, B or C to the correct letter.

### ***You asked Andrew.....***

#### ***Weekly advice column for all our health concerns***

1. Dear Andrew,

I'm really overweight! I've cut out breakfast and all fatty foods, but I just can't seem to lose weight. I'm desperate - please help!

Hungry & Miserable, Coventry

2. Dear Andrew,

I'm always stressed out! I work long hours and find it hard to relax when I get home. What can I do?

Stressed, Brighton

3. Dear Andrew,

I sit at a desk all day, but I always seem to feel tired! Any suggestions?

Sleepy, Cardiff

A. Don't despair! First of all, you should always eat breakfast! Imagine you're a car. If your 'fuel tank' is empty, it doesn't go anywhere! Also, if you skip meals, you often eat more later and put on weight. You should eat a balanced diet and take plenty of exercise. That's the best way to lose weight!

B. Try going for a quick swim in the morning or walking to work. When you exercise, your heart beats faster and your blood carries more oxygen to your brain. This gives you more energy) and helps you to think more clearly! Also, do you get enough sleep? Remember, most people need 7-8 hours of sleep to function well the next day!

C. Take it easy! There's more to life than work you know! Why m take up a new sport or hobby to get out of the house? You could join a gym! If you exercise regularly, your body cop with stress much better. Also, try not to drink too much coffee and tea. If you drink a lot of caffeine, it increases anxiety.

**Task 13.** Look through the article *Develop Healthy Habits in Kids* and insert the following headings of the paragraphs into the blanks (1- 9).

- A. Reward:
- B. Exercise together:
- C. Teach importance of balanced diet:
- D. Teach good hygiene habits:
- E. Be a role model:
- F. Eat meals together:
- G. Avoid giving empty calories:
- H. Get them involved:
- I. Sometimes be strict:

## ***Develop Healthy Habits in Kids***

Children across the world are gaining more weight than ever before. They're eating too much high-fat, high-sugar food and are spending less time being physically active. But many unhealthy lifestyle choices involving children can be prevented by integrating safe and healthy habits into early care and education.

Parents share enormous responsibility in teaching our children healthy habits, values, and attitudes about their lives. But healthy eating and physical activity don't become habits overnight. It takes time and effort to make them part of a daily routine. Early childhood is a prime time to help children begin to establish healthy habits or behaviors that will promote a healthy lifestyle. Here are some ways to put healthy practices into your child's routine:

1. \_\_\_\_\_

Many studies have shown the importance of a healthy diet in regular mental and physical development. Discuss the good choices he or she can make for her diet. Children need to understand that their food choices directly impact their health, and parents have a responsibility to teach them how to make informed decisions. Teach your kids to avoid the high-calorie food often advertised on television.

2. \_\_\_\_\_

Children learn what they live, and you're the teacher. Remember, doing is more powerful than telling. You should exhibit good hygiene and safety behavior so that your child can learn and follow suit.

3. \_\_\_\_\_

Eating at least one meal together everyday gives you a chance to serve as a healthy eating role model and help your child develop a healthy attitude toward food. Research also shows that children who eat regularly with their family do better in school than children who do not. Eat meals in the dining room or kitchen and avoid eating in front of the television.

4. \_\_\_\_\_

Getting children involved in the kitchen is an excellent way to change your finicky eater. Play with your kids outside, take them to the grocery store, let them create a meal, and let them help you in the kitchen. Involving children in the purchasing and preparation process will enable them to make healthy choices away from home.

5. \_\_\_\_\_

If your child is spending too much time on video games and is not getting enough exercise, explain that exercise feels good and gives you more energy. Make physical activity part of your family's routine. Take a walk or go for a bike ride together. Limit the amount of time your children spend using the computer, watching television or playing video games to a maximum of 2 hours per day. All children age 2 and older should participate in at least 30 minutes of enjoyable, moderate-intensity activities every day.

6. \_\_\_\_\_

It is important to teach your kids how to avoid germs. Make a daily routine for your kid which includes hygiene activities like brushing teeth, washing hands, toilet, taking a bath etc. The key is to practice and ritualize some good behaviors. Along with cleaning body, children will need to learn about clean clothing.

7. \_\_\_\_\_

Sugar beverages such as soft drinks and sweet, artificial fruit juices, as well as high sugar items such as candy bars or sugar cereals have a high caloric content without the nutritional benefit. It is best to keep your child away from all this and make it a rare treat instead of everyday occurrence. Encourage your child to drink plenty of water or milk.

8. \_\_\_\_\_

Especially with habits like tobacco, alcohol, and other drugs, there's no room for anything but firmness. Explain why these substances are harmful and encourage them to ask questions. Establish clear consequences if these rules are broken.

9. \_\_\_\_\_

When your child chooses a healthy activity over a unhealthy one reward him/her with a fun physical activity, such as bowling, movies etc. but don't use food to reward your child. Acknowledge their effort and accomplishment, not just their potential.

Good health allows children to function effectively with their peers as well as live the life they aspire to have for as long as they can. Planning and providing appropriate health education for young children serves as a foundation for lifelong healthy habits.

**Task 14.** Read the article ***9 Reasons to Wake Up Early***. Seven sentences have been removed from the article. Choose from the sentences A-G the one which best fits each gap 1-7.

A	Doing meditation in the morning is perfect because your brain is relaxed, it is quiet and you get few interruptions so you can really focus on yourself.
B	Research has also proven that people who exercise in the mornings tend to be the ones most consistent in their fitness regimes.
C	Breakfast is the most important meal of the day and many people skimp on it because they do not have time to eat their breakfast.
D	Waking up early can give you the much needed time for yourself.
E	There is no better way to greet the day than watching a Sunrise.
F	If you travel to work/school during the non-peak hours of early morning you can skip the traffic jams, cutting down on the time spent in commuting.
G	Philosophers and scholars have been advising us that we need to wake up early to be more productive.

### ***9 Reasons to Wake Up Early***

"Early to bed and early to rise makes a man healthy, wealthy and wise" - Ben Franklin. Sleeping is part of every human beings daily schedule. No single

person can survive without sleeping for more than 4 days. But it has become common knowledge that successful people are early risers. And as with these things, waking up early is also one of the hardest habits to cultivate.

The idea of waking up early and starting the day at/before the sunrise is the desire of many people. But very few people actually can get it converted into a habit. 1 \_\_\_\_\_ Here are some reasons that they cite:

**Get a jumpstart:** If you wake up at 5 am, you are beginning your day earlier than most of the world. And as they say, "A good start is half the battle won". There is no better way to start off your day than to wake-up early.

**Good time for Exercise:** Early morning is an excellent time for exercising. The earlier you wake up, the more calories you can burn over the day and the healthier you will feel. 2 \_\_\_\_\_ So the chances are that you'll stick to the plan for the long term if you choose morning time for exercise.

**Perfect time for Meditation:** Meditation has many health benefits including inducing emotional balance and reducing stress. If you start your day with meditation you will take that balance throughout the day and improve your life. 3 \_\_\_\_\_.

**Boost productivity:** Waking early gives you a high momentum. Starting something early will make your day longer and you can finish your job on time. Thus there will be no problem and pressure in your day to day task.

**Sunrise:** People who wake up late miss one of the greatest features of nature, The Sunrise. 4 \_\_\_\_\_.

**Breakfast:** 5 \_\_\_\_\_. If you wake up early, you will have time to have your breakfast before you leave. This will supply sufficient energy until the lunch break time arrive, and you're more likely to have better concentration and productivity throughout the morning.

**Personal Development:** Early morning is an excellent time for personal development. The silence of the morning is often the time when your mind is at its clearest and most well-suited to solving important problems and making changes.

**Faster commute:** 6 \_\_\_\_\_. Even if you don't want to start working so early, you can spend that extra time saved on planning, reading, learning new language or trying new ideas.

**More Free Time:** 7 \_\_\_\_\_. Your productivity & sleep will improve by waking up early and you'll be able to get more done in less time. This will leave you with ample free time for yourself.

Inculcating this habit is a bit of pain. But after a few days, you'll settle into a pattern of going to bed early and waking up early. Just remember that you ought to sleep 7-8 hours a day.

So there you have it. You now have absolutely no excuses not to start tomorrow!

**Task 15.** Read the statements based on the article *Why Exercise in Morning?* And mark them True (T) or False (F). Correct the wrong ones.

1. Even if you manage to fit in just 15 minutes of strenuous exercise, it will help you stay happy and healthy all day.
2. Due to oxygen and circulation of blood in your body, you'll stay energized for the whole day.
3. Morning exercises can only wake up your body, not your brain.
4. Exercising in the morning can't help reduce stress.
5. If you do morning exercises you needn't take care about what you put into your body.
6. Research has proven that people who exercise in the mornings are more likely to keep to their fitness regimes and diets.

### ***Why Exercise in Morning?***

It is true that one can exercise at any time of day as long as you're burning those extra calories. However, there are many added benefits to choosing morning time to any other. Even if you manage to fit in just 15 minutes of strenuous

exercise, it will help you stay happy and healthy all day. Here are some reasons why exercising first thing after waking up is beneficial.

### Benefits of Morning Exercise

When you exercise in the morning, you'll find that because of the increased intake of oxygen and circulation of blood in your body, you'll stay energized for the whole day. It will automatically put you in a healthy frame of mind. Whatever other things you may have on your schedule, you will notice that you will be eager and energetic to handle them.

Morning exercise is a great way of waking up your brain, thus helping you to be alert to plan out your daily, weekly, even monthly schedule. It will help you organize your thoughts and make mental lists of what the day holds for you.

Exercising in the morning can help reduce stress that has built up due to work, family and other life situations. One of the reasons this is true is because morning time is the quietest and most peaceful time of day - before the daily routine begins. It gives you alone time, time to think and work things out for yourself, without being disturbed.

Increase in morning activity levels (exercise) helps increase metabolic rate. This means that you end up burning calories throughout the day, no matter how often you may choose to eat. However, you still need to take care about what you put into your body. Exercising goes hand in hand with sensible eating.

Research has proven that people who exercise in the mornings tend to be the ones most consistent in their fitness regimes and diets. So if you choose morning time for your exercise program, then chances are that you'll stick to the plan for the long term. And that's a good thing!

Waking up at about the same time everyday and exercising daily at the same time conditions your endocrine system and circadian rhythm to "know" when to wake up and prepare your body for the rest of the day. The human body is a learning machine. You can train it to be on schedule with your exercise program.

By exercising in the morning, you make sure that you won't miss it out for the day. A lot of times other things can crowd out exercise - work, meetings, social events etc. Thus, exercise tends to get pushed to be the last priority at times.

Breakfast is the most important meal of the day. Most people eat a light breakfast before they exercise in the mornings. This is a double bonus. For one thing you actually get to eat breakfast which will keep you going the whole day. Secondly, you exercise and thus, energize yourself.

So there you have it. If you're not a morning exerciser, try switching over for a couple of weeks. In that time you will be able to tell whether mornings work for you or not. Keep those calories burning!

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