# HEALTH PROBLEM



#### which one do you like better?







Habits Problems Size Results

VOCABULA RY

Embarrassed Themselves Always Never Often Rarely Sometimes usually

#### QUESTIONS

- Do You want to be healthy?
- what to do to be healthy?
- what you eat for breakfast?
- What do you eat for lunch?
- What do you eat for dinner?
- Do you do morning exercises?



















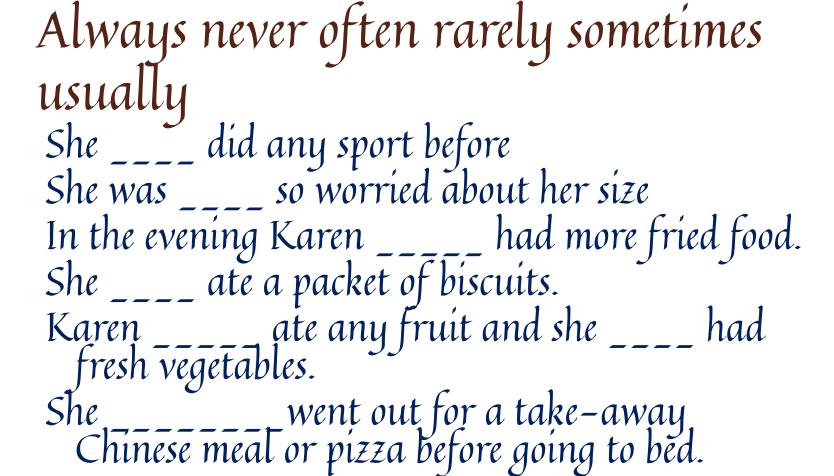








Bad food



Do you have breakfast?

Are you careful about what you eat and drink?

How often do you weigh yourself?

How often do you do exercises

**ALWAYS** 

USUALLY

SOMETIMES

NEVER

If we caught cold, have a splitting headache, have a clogged nose, cough, are running high temperature, we must go to the policlinic. First we come to the registry. The registry clerk on a duty asks our name, address, age and occupation .He writes out some slips because several specialists will examine us. Some of them will listen to out heart and lungs, some will check up our kidneys, liver, stomach, eyesight, and hearing. The others will make our blood analysis, take our blood pressure and x-ray us. Our district doctor sees his patients in consulting room 4. A nurse gives us a thermometer to take our temperature. We must keep it under an armpit. Last time my temperature was 37,9. The doctor asked what my trouble was. He offered to sit down in a chair and to strip to the waist. He felt my pulse. It was faint and accelerated. Then I lay on the examination couch and the doctor palpated my abdomen. He asked me from what disease I suffered in my childhood. I suffered from scarlet fever .Now I felt dizzy and was damp with sweat. The doctor filled in my card and diagnosed the case as the flu. When he wrote out a prescription for some medicines: pills, powder, drops, and mixture. He also advised me to take a scalding footbath, to put a hot water bottle to my feet, to have hot tea with raspberry jam. That would keep my fever down. The result of my x-ray examination and blood analysis was normal. I had the prescription made at the chemist's. I followed the prescribed treatment to avoid complications. Every day I took a tablespoonful of mixture 3 times a day and some pills. In two days I was better and in a week I recovered from my illness. I began to take care of myself. Now I go in for sports because sports make me strong, healthy and cheerful. Every day I do my morning exercises and have a cold rubdown to prevent myself from catching cold. There is a good proverb: An apple a day keeps doctor away. That's why I eat a lot of fruits and vegetables. In case of sudden and severe illness or an accident calls are made to the first aid station.



- If we caught cold, have a splitting headache, have a clogged nose, cough, are running high temperature, \_\_\_\_\_\_.
- temperature,

  Some of them will listen to out heart and lungs, liver, stomach, eyesight, and hearing.
- . When he wrote out a prescription for some medicines:
- Now I go in for sports because sports make me strong, healthy and cheerful.



- Good health is above wealth
- An apple a day keeps a doctor away
- Early to bed and early to rise makes a man healthy, wealthy and wise
- A sound mind in a sound body





GOOD HEALTH IS ABOVE WEALTH

AN APPLE A DAY KEEPS A DOCTOR AWAY

• EARLY TO BED AND EARLY TO RISE MAKES A MAN HEALTHY, WEALTHY AND WISE

A SOUND MIND IN A
 SOUND BODY

Кім ерте жатып, ерте тұрса бақытпен зор денсаулыққы кенеледі

> Дені саудың жаны сау

Күнде алма жесеңіз, дәрігердің көмегін қажет етпейсіз

Денсаулық байлықтан да қымбат

### **Health Code**

#### You should

You shouldn't

- Get up early and go to bed early
  Wash your hands before eating
  Smoke

- Watch TV too long
  Go in for sports
  Clean your teeth once a day
  Sleep enough
  Take a cold shower

- Eat too many sweets
  Spend much time indoors
  Eat between meals
  Air the room







GET UP EARLY AND GO TO BED EARLY WASH YOUR HANDS BEFORE **EATING** GO IN FOR SPORTS **SLEEP ENOUGH** TAKE A COLD **SHOWER** AIR THE ROOM



## Home Assignment

To learn by heart the new words

The lesson is over

Good bye!!!