



## Health and body care.



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[ʌ]

Lung

Pulse

Touch

Blood

[θ]

Health

Healthy

Wealth

Wealthy

[tʃ/ʃ]

Chest

Touch

Temperature

Pressure

[e]

Health

Wealth

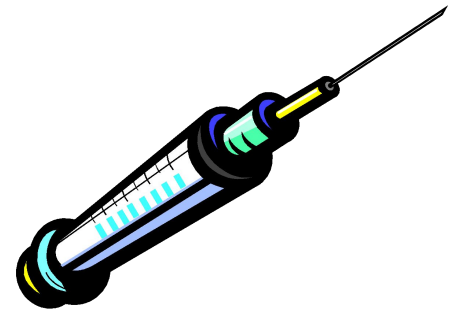
Medicine

Regular

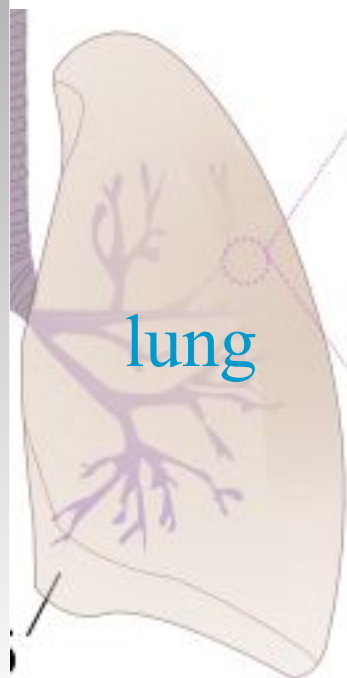
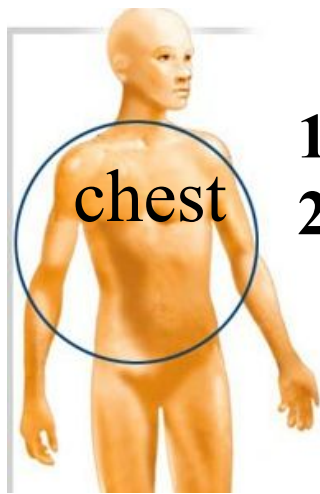


## Read and translate the sentences.

1. Good health is above wealth. (proverb)
2. Too little food makes you thin.
3. Too much food makes you fat.
4. Too wrong food makes you ill.
5. The right food keeps you well.
6. Too many sweets are bad especially for your teeth.



# Let's learn the new words.



## Cough

1. Кашель,
2. Кашлять.

## Blood

Кровь

## Pressure

Давление

## Break

1. Ломать,
2. Нарушать,
3. Разбивать.

## Regular

Регулярный

## Pulse

## Health

Здоровье

## Touch

Трогать

## Immediately

Немедленно

## Temperature

## Medicine

1. Медицина
2. Лекарство.

## Hurt

Причинять боль

## Pain

## Silly

Глупый



# Match the words.

- |             |   |                |
|-------------|---|----------------|
| 1. Chest    | → | Кровь          |
| 2. Lung     | → | Давление       |
| 3. Cough    | → | Пульс          |
| 4. Blood    | → | Здоровье       |
| 5. Pressure | → | Легкое         |
| 6. Pulse    | → | Причинять боль |
| 7. Health   | → | Глупый         |
| 8. Hurt     | → | Кашель         |
| 9. Pain     | → | Грудь          |
| 10. Silly   | → | Боль           |



# Give it a name.

1. The upper, front part of the body.
2. One of the two organs of breathing in the chest of a man and animals.
3. To force air from the lungs with a sudden, sharp sound.
4. To put a hand or other part of the body or on something.
5. At once.
6. A feeling of being hurt.
7. Foolish.



**Make up sentences with new word combinations..**

*Example: When doctor comes to visit his patient, he usually listens to his chest and lungs.*

**Takes his blood pressure, takes his temperature, feels his pulse, tells him to take the medicines regularly, tells him how many times a day to take this medicines.**



The word **Ache** (боль).

He has a **headache**.



He has a **toothache**.

He has a **stomachache**.



Look at the screen and say what you should do and what you shouldn't.



You

Should  
Shouldn't

Take medicines after meals  
Go to the dentist if you have a headache  
Take blood pressure  
Do morning exercises regularly  
Eat healthy food  
Offend your friends  
Lie in the sun for 6 hours



## What people do if:

1. They have a headache.
2. They can't sleep.
3. They have a toothache.
4. They have a pain in the heart.
5. They have a cold.
6. They have a stomachache.

**Go to the dentist, call a doctor, go to bed, take some medicine, have a walk outdoors, drink warm milk, drink warm milk with honey or butter.**