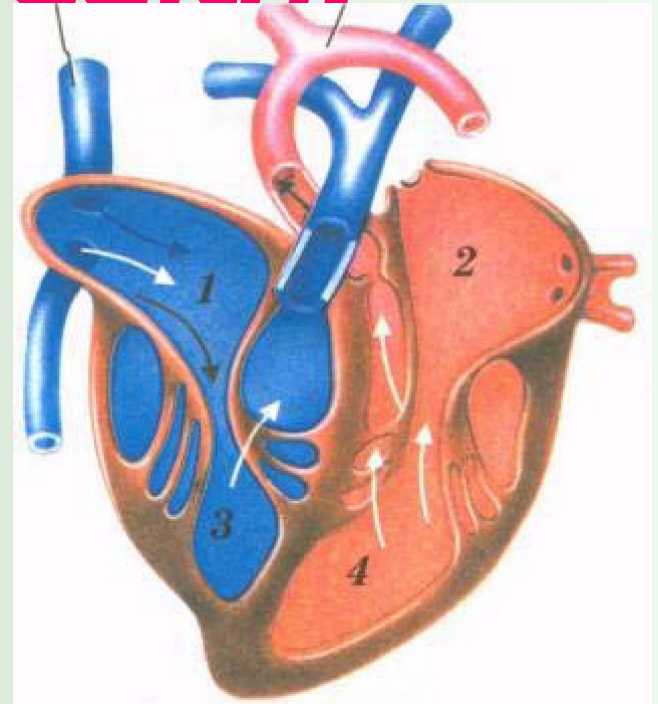
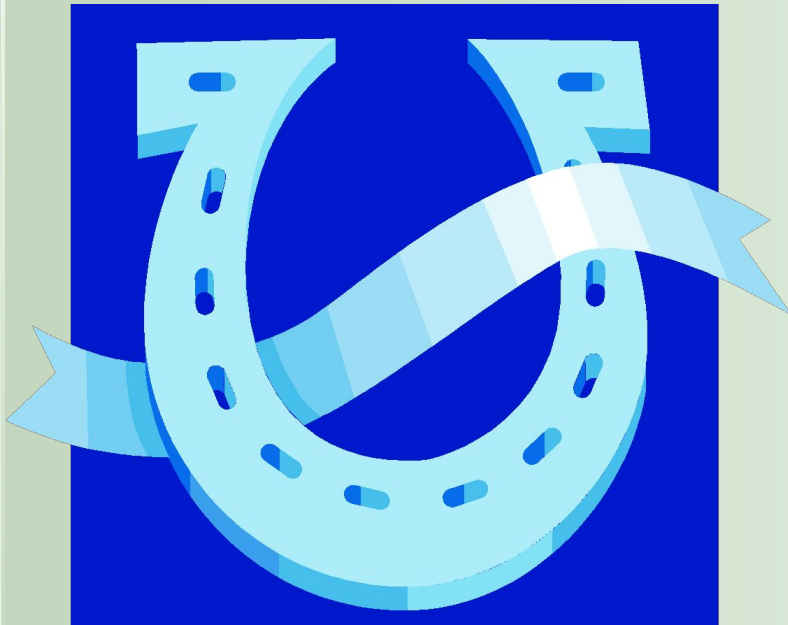




# HEALTH

*Good Health is  
Above Wealth.*





*Good afternoon, boys  
and girls!*

□ At this lesson we are going to continue working at our topic “Health”.

The main thing we are going to discuss today is “How to Keep fit”.



I am not well today. Can you give me any advice?





## **You may say:**

- **You should take some medicine.**
- **You should stay in bed**
- **You should go to the doctor.**
- **You should have a rest.**
- **You should take your blood pressure.**
- **You should feel your pulse, you may have a heart trouble Etc.**



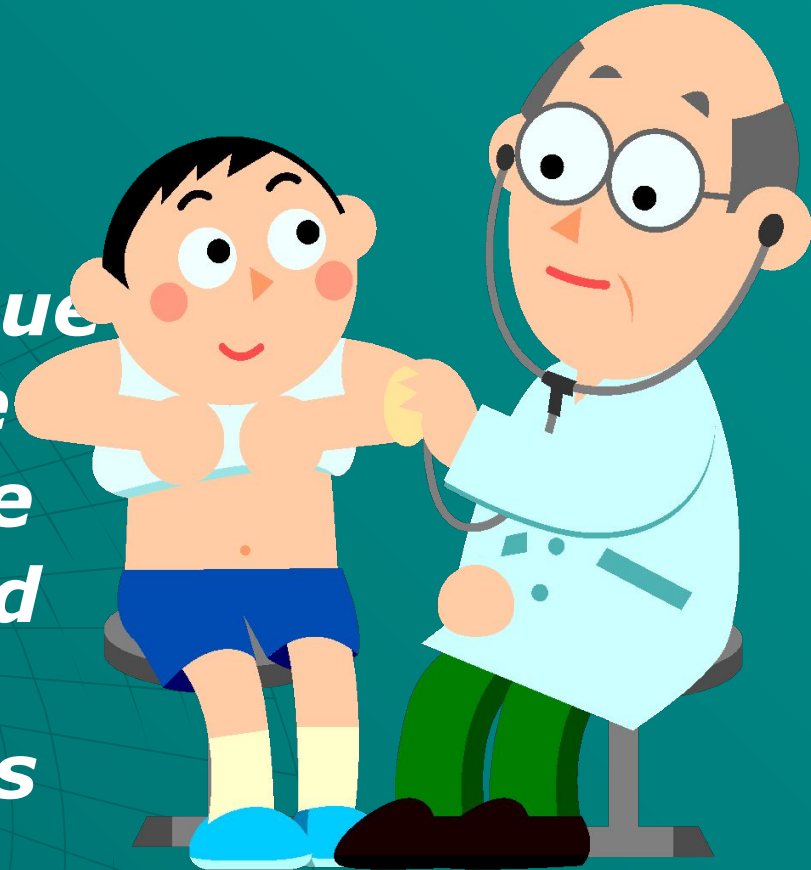
# Let' revise the words !

- Chest
- Lung
- Cough
- Pressure
- Break (broke, broken)
- Pulse
- Health
- Healthy
- Touch
- pain
- Throat
- Examine
- Swallow
- Tongue
- Sneeze
- Prescribe
- Recover
- Suffer from
- Be on a diet



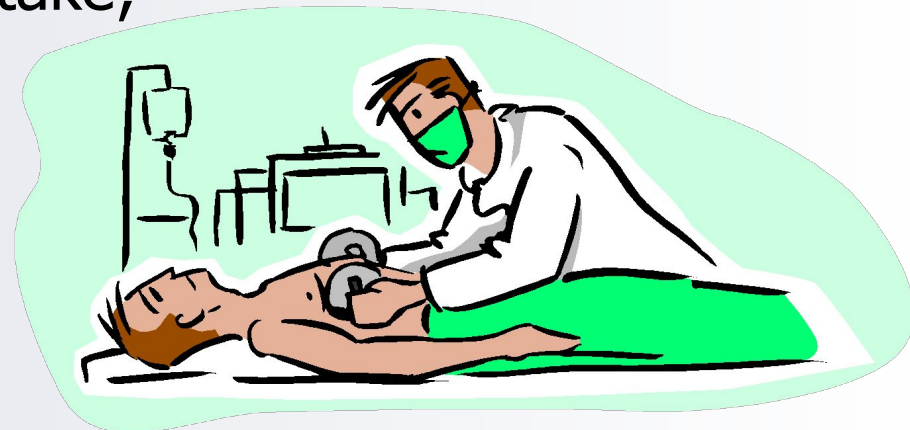
# MATCH THE WORDS:

- ◆ Listen to
- ◆ Take
- ◆ Feel
- ◆ Prescribe
- ◆ Fall
- ◆ Show
- ◆ Keep to
- ◆ ride
- ◆ *Diet*
- ◆ *A bike*
- ◆ *Ill*
- ◆ *One's tongue*
- ◆ *A medicine*
- ◆ *One's pulse*
- ◆ *One's blood pressure*
- ◆ *One's lungs*

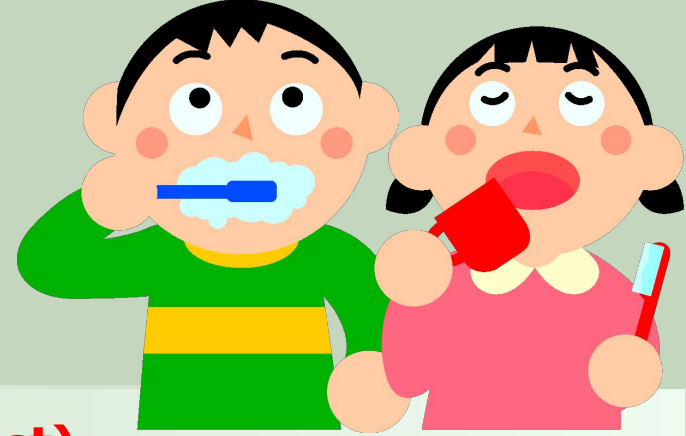


# Give it a name:

- the upper front part of the body;
- one of the two organs of breathing in the chest of a man or animals;
- to force air from the lungs with a sudden sharp sound;
- to put a hand or other part of the body on or against something;
- the physical state of a person;
- the front of the neck;
- to move food or drink down the throat from the mouth into the stomach;
- to advise what medicine to take;
- A feeling of being hurt;



# Check yourself

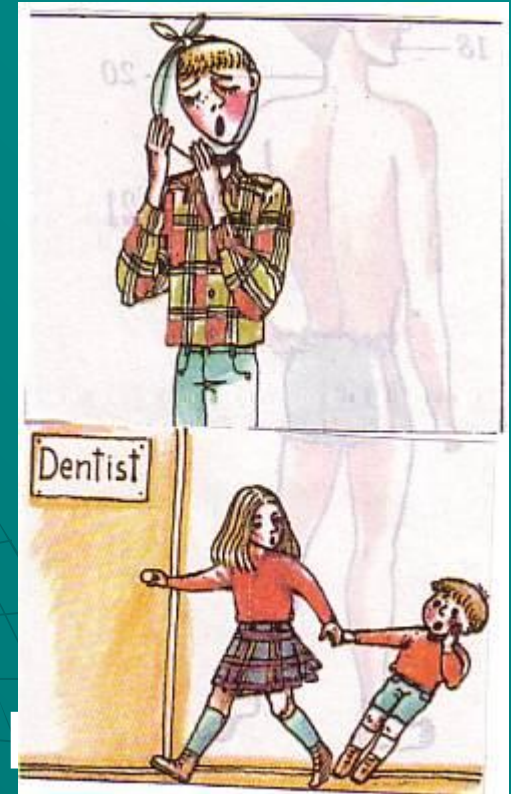


- the upper front part of the body. **(chest)**
- one of the two organs of breathing in the chest of a man or animals. **(lung)**
- to force air from the lungs with a sudden sharp sound. **(cough)**
- to put a hand or other part of the body on or against something **(touch)**
- the physical state of a person **(health)**
- the front of the neck. **(throat)**
- to move food or drink down the throat from the mouth into the stomach. **(swallow)**
- to advise what medicine to take. **(to prescribe)**
- A feeling of being hurt **(pain)**



# Remember the word combinations and use them in the following task:

- ◆ To go to the dentist
- ◆ To call a doctor
- ◆ To go to bed
- ◆ To take some medicine
- ◆ To have a walk outdoors
- ◆ To drink warm milk (with butter)



**Nelly was very ill last week She suffered from all the illnesses imaginable. Look at the picture and say what she suffered from.**

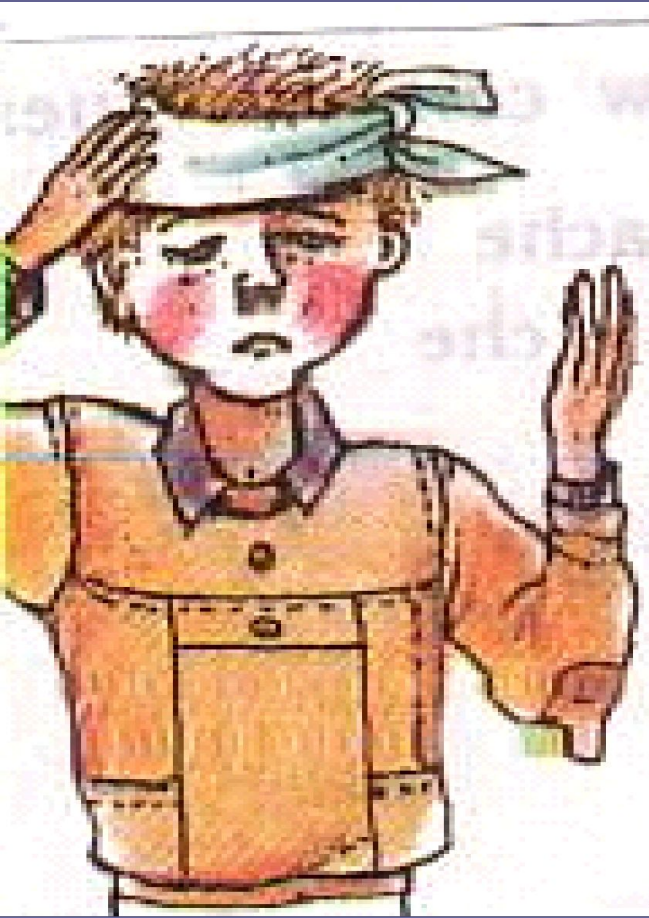


# What do people do if

- They have a headache;
- They can't sleep;
- They have a toothache;
- They have a pain in the heart;
- They have a cold;
- They have a stomachache.



# FILL IN THE MISSING WORDS:



- Yesterday Nick fell ill. He had a bad (1)\_\_\_\_. It (2)\_\_\_\_ when he moved. The doctor came. He felt Nick's (3)\_\_\_\_ and listened to his (4)\_\_\_\_ and (5)\_\_\_\_. He also took Nick's (6)\_\_\_\_ and his (7)\_\_\_\_\_.

The doctor told Nick to take some (8)\_\_\_\_ for his cold.

# CHECK YOUR ANSWERS:

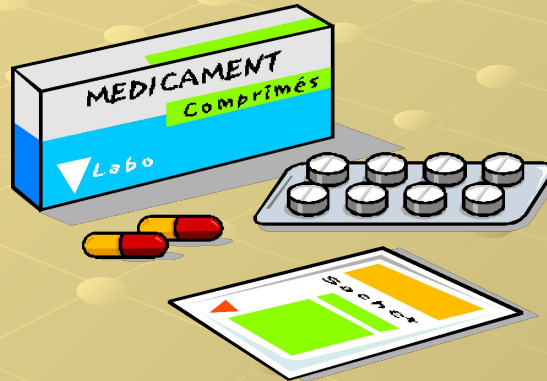
- ◆ Yesterday Nick fell ill. He had a bad **(1)pain**. It **(2)hurt** when he moved. The doctor came. He felt Nick's **(3)pulse** and listened to his **(4)lungs** and **(5)chest**. He also took Nick's **(6)temperature** and his **(7)blood pressure**.

The doctor told Nick to take some **(8)medicine** for his cold



# answers.

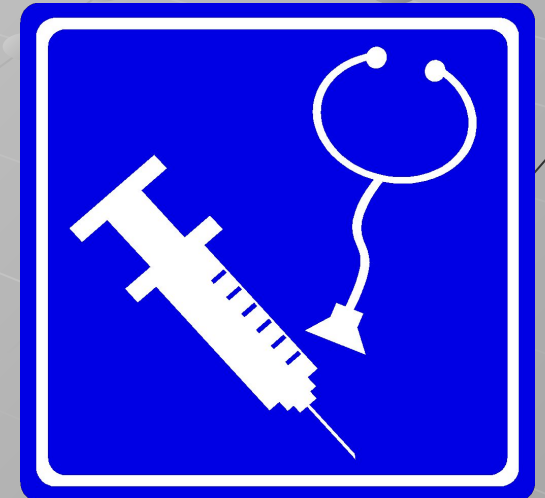
- 1. Why are you sneezing?
- 2. Why are you crying?
- 4. Why are you coughing?
- 7. Why are you shivering?
- 8. Why are you having a stomachache?



- a) You are hurting me.
- b) I have a bad cold.
- c) I am cold.
- d) I must have eaten some bad food.
- e) It's too cold in here.

# BAD HABBITS.

- The three main problems - alcoholism, drug-taking and smoking threaten our life, ruin careers, happy family life and cause early death.





***Smoking is a  
great killer.***



# Smoking

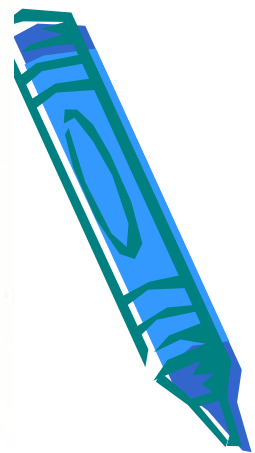
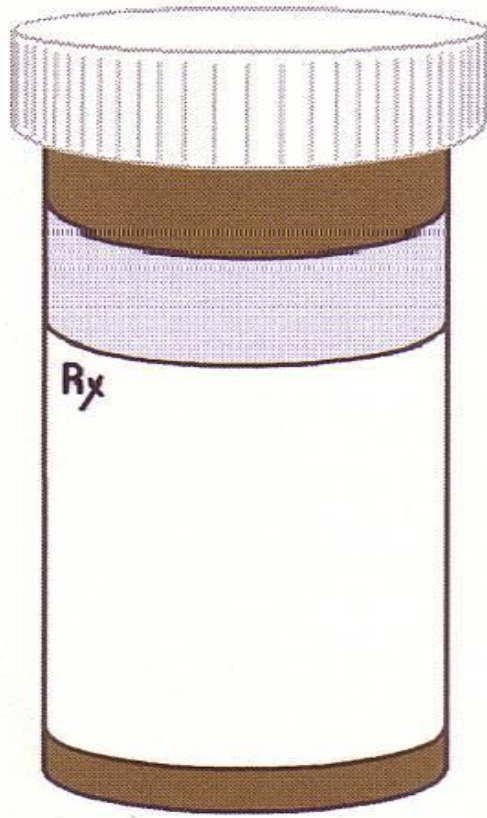
- **Smoking is one of the most common addictions. Smokers usually deceive themselves saying that smoking is not dangerous. But statistics of diseases and death speak otherwise.**
- **The smoke they breath have harmful substances, nicotine and ammonia.**
- **Young people think they look more attracting when holding a cigarette.**
- **How to stop smoking? Governments and authorities do little to diminish the number of smokers. They receive much money from the tax on cigarettes and tobacco.**
- **How can we stop smoking?**
- **The best way is never to start. But if there is such a habit already, we must be strong to stop it.**



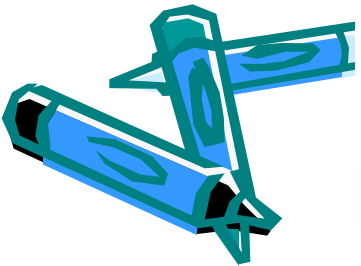
***Smoking is  
Dangerous.***

# Questions for discussion.

- Why is smoking dangerous?
- In some countries tobacco advertising is banned (to ban - запрещать). Do you think it's a good idea? Can it help?
- Is smoking a disease or just a habit? Your opinion.
- What should we do to overcome this problem? (to overcome - преодолеть)

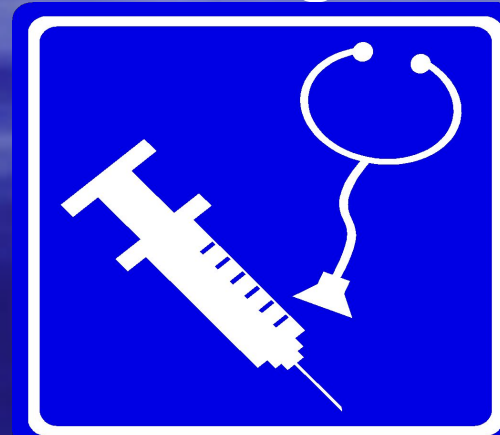


*Drug-addiction  
is the problem of  
the 21st century.*



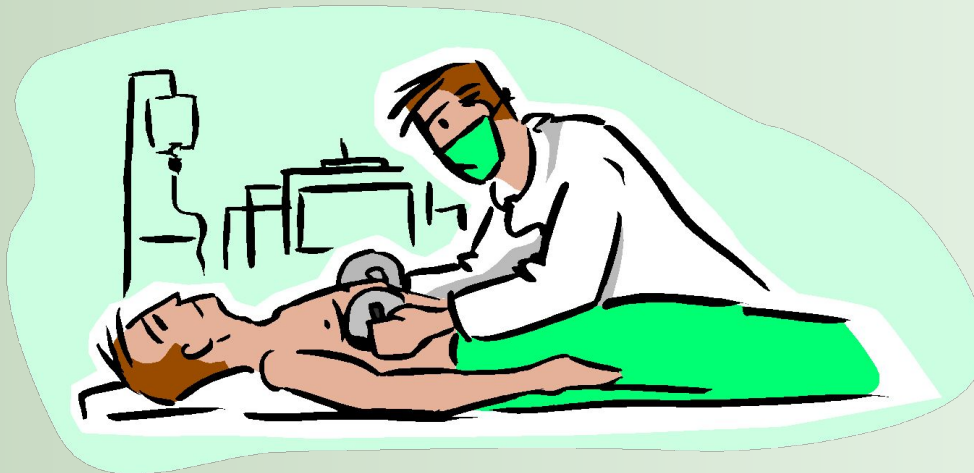
# DRUG-ADDICTION

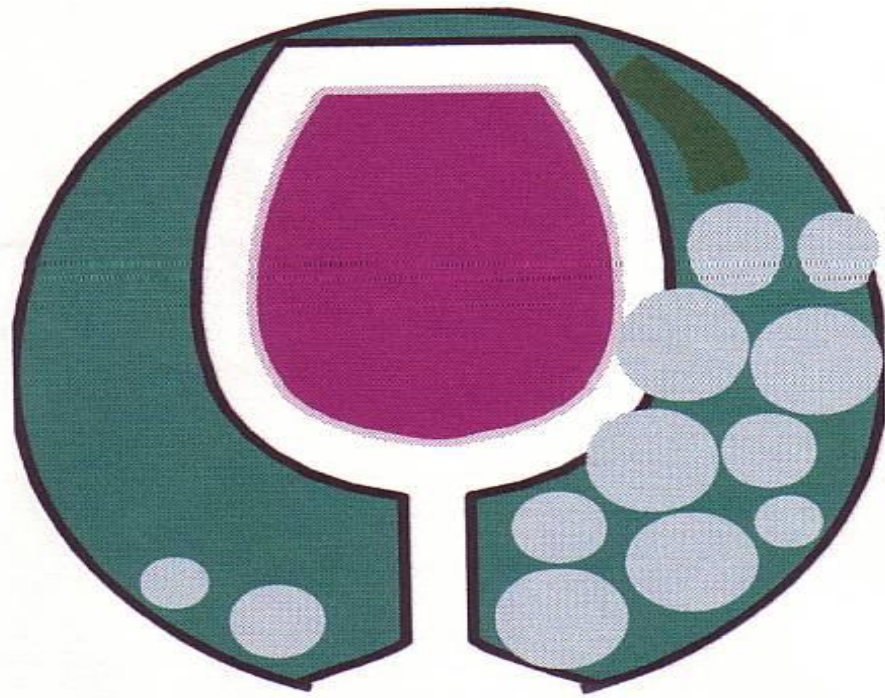
- Drug-addiction is another problem of the twentieth century.
- Young people are particularly exposed to this threat. They try once or twice a cigarette with narcotic inside, then they change to injections, and day by day they become totally dependent on this deathly habit.
- There certainly should be more educational films, books distributed among people to show the real threat brought on by smoking, drinking alcohol and taking drugs.



# Questions for discussion.

- 1. Is there a problem of drug-taking in our country?
- 2. Why do young people begin to take drugs?
- 3. Is it a disease or just a habit?
- 4. How can we help such people?





***Alcoholism -  
is bad for health***

# ALCOHOLISM IS BAD FOR HEALTH.

- ◆ Alcoholism is another social problem. It causes atrophy of cells, weakness of sight, illnesses of kidneys, liver, stomach, heart and other organs.
- ◆ It is easy and fast to become dependent on alcohol, but very difficult to overcome this habit.
- ◆ Why do people drink?
- ◆ The reasons are similar to that of why people smoke. Once started it is difficult to stop.





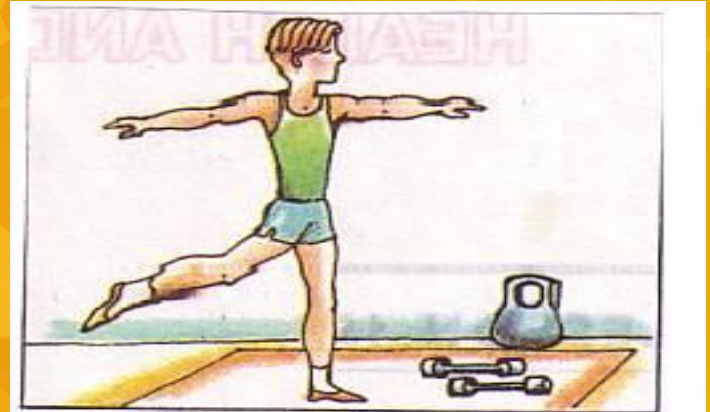
# Questions for discussion.

1. Can the mankind (человечество) overcome this problem?
- 2. Should the advertising banned (запрещено) on TV?
- 3. Is alcoholism a disease or just a habit?

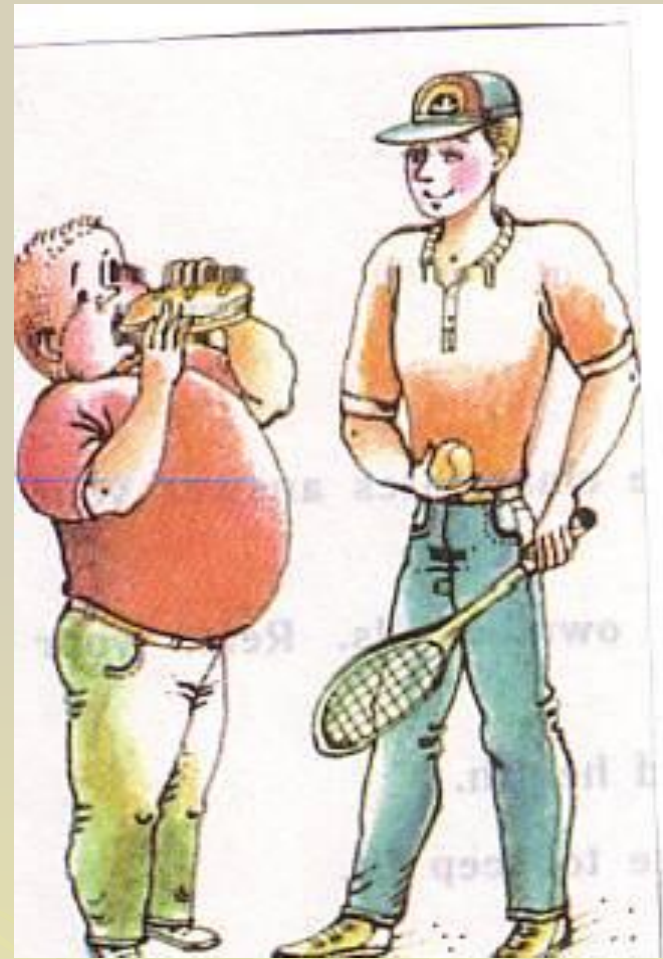


# GOOD RULES TO REMEMBER:

1. **Get up early and go to bed early to keep fit.**
2. **Take regular exercises to keep fit.**
3. **Take a cool/cold shower to keep fit.**
4. **Eat healthy food to keep fit.**
5. **Never smoke to keep fit.**
6. **Clean your teeth every morning and every evening to keep fit**
7. **Wash your hands before you eat to keep fit.**



# SAY WHAT YOU SHOULDN'T DO



# LISTEN TO THE STORY AND FILL IN THE WORDS:

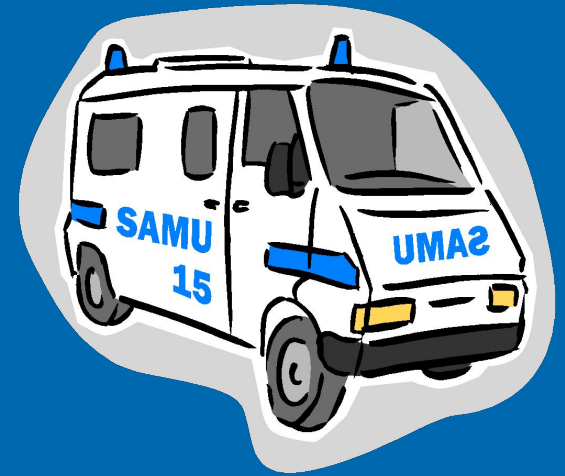
Once an old gentleman went to see \_\_\_1\_\_\_\_\_. The doctor \_\_\_2\_\_\_\_\_ him, listened to his \_\_\_3\_\_\_\_\_ and heart, felt his \_\_\_4\_\_\_\_\_ and blood \_\_\_5\_\_\_\_\_, took his temperature and said that \_\_\_6\_\_\_\_\_ wouldn't help the old gentleman. The doctor asked him to go to a quite \_\_\_7\_\_\_\_\_ place for a month and to have \_\_\_8\_\_\_\_\_. "Your illness is not serious, so don't worry!" continued the doctor. " \_\_\_9\_\_\_\_\_ early, drink milk, walk a lot, \_\_\_10\_\_\_\_\_ just one cigar a day and you will \_\_\_11\_\_\_\_\_ pretty soon."

The old gentleman nodded and said: "Thank you very much, Doctor. I shall do \_\_\_12\_\_\_\_\_ you say."

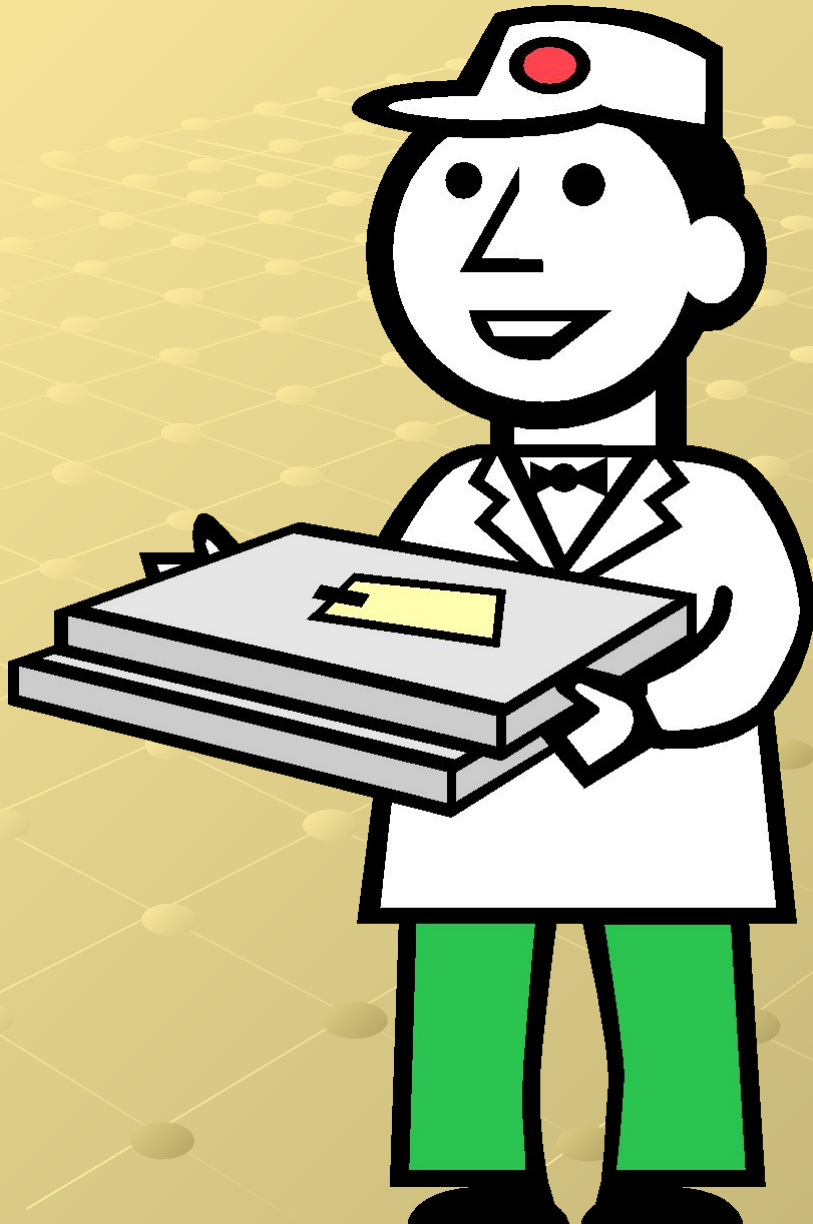
A month later the same gentleman came to see the doctor again. "How do you do?" said the doctor. "I am very glad \_\_\_13\_\_\_\_\_ you. You look much \_\_\_14\_\_\_\_\_. How do you feel?"

"Oh, Doctor," said the gentleman, "I feel quite all right. I had a good rest. I went to bed early, I \_\_\_15\_\_\_\_\_ a lot of milk, I walked a lot. Your \_\_\_16\_\_\_\_\_ certainly helped me. But you told me to smoke one cigar a day, and that one cigar almost \_\_\_17\_\_\_\_\_ me at first. It's not a joke to start smoking at my age."

- 1.the doctor.
- 2.examined
3. lungs
- 4.pulse
- 5.Pressure
- 6.medicine
- 7.country
- 8.a rest.
- 9.Get up
- 10.smoke
- 11.feel
- 12.everything
- 13.to see
14. better.
15. drank
16. advice
17. killed



# Questions:



- In what way did the doctor examine the patient?
- What was the doctor's advice?
- How did the old gentleman look and feel a month later?
- How did the old gentleman spend that month?
- Do you think the doctor was really a good doctor?

# WHAT DOES THESE PROVERBS MEAN?

- Good health is above wealth.
- An apple a day keeps the doctor away.
- Early to bed, early to rise keeps the healthy, wealthy and wise.



## PROJECT. AN AVERAGE STUDENT OF OUR CLASS.

- ◆ sleeps 7 or 8 hours a day and goes to school in time.
- ◆ sleeps for 10 or 11 hours at his days off.
- ◆ likes to watch TV in the evening or read till late at night.
- ◆ has his breakfast regularly.
- ◆ snacks between meals (some rolls and tea)
- ◆ It is not good for our health
- ◆ has dinner at home
- ◆ eats many sweets every day.
- ◆ has never kept a diet
- ◆ doesn't do morning exercises but he goes in for sport regularly.
- ◆ It takes him 2 or 3 hours to do homework.
- ◆ has a lot of additional lessons a day as economics, math, technology informatics.
- ◆ he is fond of sport games
- ◆ He has fun playing computer games, watching video, reading books, going for a walk.

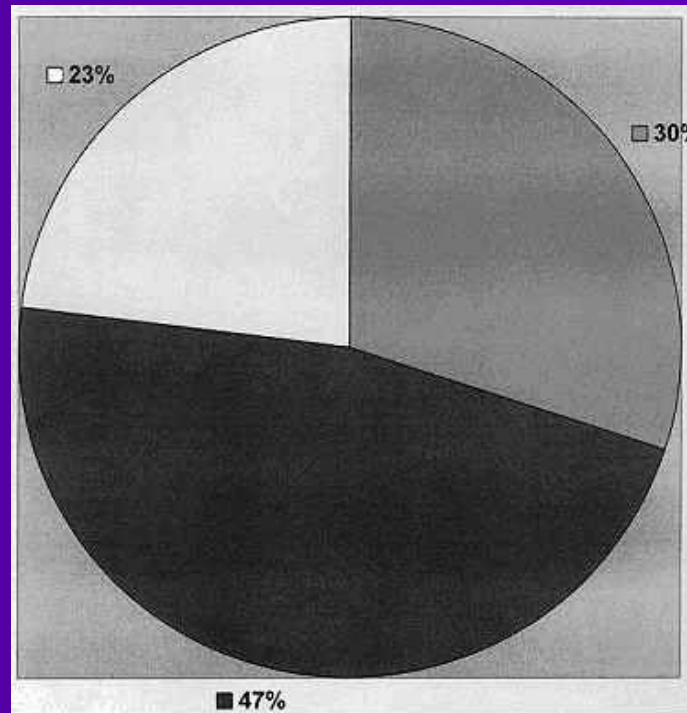




- Unfortunately, in our time almost everybody suffers from different diseases.
- And what about students in our school?
- There are 339 students studying in our school.
- Speaking about their health, 35% of them are unhealthy. They suffer from different diseases.
- Among them there is a great amount of eyes diseases
- orthopedic diseases
- Each student has one or two diseases.
- Children come to the first form being unhealthy.
- Last year there were 45 first — year — students.
- And everyone had several diseases.



# An apple a Day Isn't Enough!



■ eyes diseases   ■ orthopedic diseases   □ teeth diseases

# What measures are taken to be healthy in our school?

- ❑ First of all students are able to go in for different kinds of sport
- ❑ Cleanness and order are very important too.
- ❑ There are a lot of flowers in classes and corridors. They support fresh air.
- ❑ Classes are usually ventilated.
- ❑ In order to be out of tiredness we have long breaks.
- ❑ We have a medicine room at school.
- ❑ We have a wonderful large canteen.
- ❑ The relations between teachers and students are quite friendly.
- ❑ On the whole these facts promote children's health.
- ❑ But not only doctors and teachers should care about our health, we also should think about our way of life.

*GOOD LUCK AND BE HEALTHY!*

