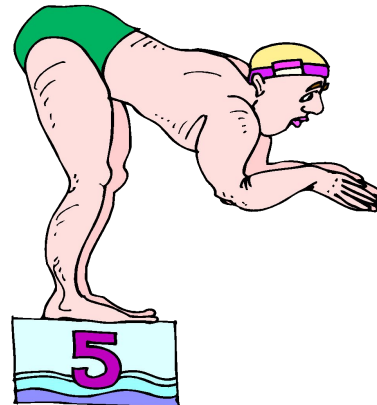


Health and fitness.



A sound mind is in a sound body



# Answer the questions.

- Health is considered one of the most precious things in people's life. How can you explain that?
- What should people do to keep healthy?
- What do you personally do to keep healthy?
- What makes people happy and healthy?
- What makes people aggressive?
- Are aggressive people dangerous for our society?
- Whom can we call an optimist?
- Do optimists have a cheerful character?
- Are positive emotions good for our health?
- How do bad emotions influence our health?
- Is healthy food important for our health?
- What else is good for our health?
- Do you like friendly people?
- Are you always friendly to each other?
- Why is it important to be friendly and respect other people?
- Is sport important for our health?

Prioritize the ideas about reasons of healthy life by your views. Which idea seems the most important to you and why?

- ***Eat healthy food!***
- ***Eat vitamins!***
- ***Do some sport or regular physical exercises!***
- ***Avoid stresses!***
- ***Avoid drugs, drinking and smoking!***
- ***Be close to nature!***
- ***Take care of your teeth!***
- ***Sleep enough!***
- ***Don't work on a computer too long!***
- ***Don't watch TV too long!***
- ***Avoid synthetic materials!***
- ***Be friendly!***
- ***Live with pleasure! Enjoy your healthy way of life!***



# TOP 10 Healthiest Foods

**#1 Berries**  
Berries are extremely rich in antioxidants which help protect the cells in our bodies from damage and therefore from diseases like cancer. Among other things they are also an excellent source of Vitamin C and soluble fiber. Blueberries might help reverse the short term memory loss that often comes with aging.

**#2 Broccoli**  
Broccoli (and other cruciferous vegetables like cauliflower and cabbage) helps fight cancer, especially breast, colon and lung. It boosts the immune system. Broccoli also contains antioxidants and a substance called sulforaphane, which research is showing to be a powerful cancer fighter and preventer.

**#3 Citrus Fruits**  
The citrus bioflavonoids in oranges, lemons, limes and grapefruits have anti-cancer and antioxidant properties. Many of these citrus bioflavonoids have also been shown to have anti-inflammatory and blood clot inhibiting abilities.

**#4 Garlic**  
Numerous studies have shown that regular consumption of garlic can lower our blood pressure. It also prevents the blood from being overly sticky and decreases LDL cholesterol (the "bad" one) while increasing the good HDL cholesterol.

**#5 Nuts**  
Walnuts are an excellent source of omega-3 fatty acids, a special type of fat that is essential for our bodies, but that the body cannot produce. Omega-3 essential fatty acids protect us against heart disease. Almonds are also known for their ability to help lower LDL cholesterol levels.

**#6 Oats**  
Oats also help reduce cholesterol. Research shows that one bowl of oatmeal per day can reduce cholesterol by up to 23%. Oats are also considered an excellent grain for diabetics as they have less impact on blood sugar levels than some other grains.

**#7 Salmon**  
The Omega-3 fatty acids in salmon and other fatty fish may help prevent heart disease and stroke by lowering the body's rate of blood clotting.

**#8 Spinach**  
Spinach's secret weapon, lutein, makes it one of the best foods in the world to prevent cataracts, as well as age related macular degeneration, the leading cause of preventable blindness in the elderly.

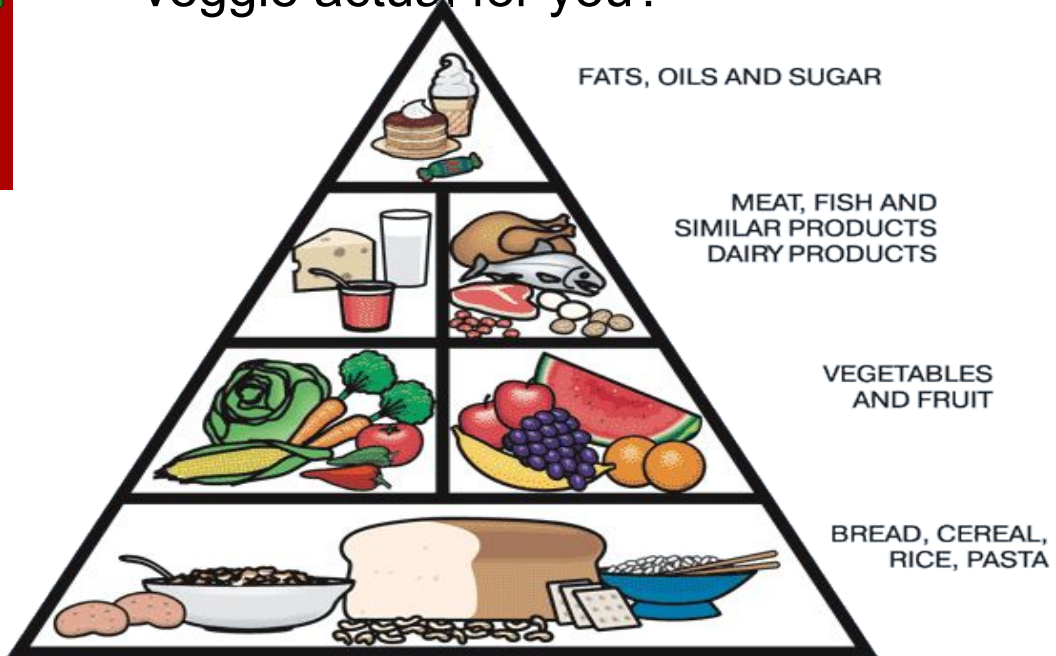
**#9 Tomatoes**  
Tomatoes contain high levels of lycopene. Lycopene is a powerful antioxidant and as such helps to protect the cells in our bodies from damage.

**#10 Turkey**  
Turkey is one of the leanest protein foods and is low in calories, making it an excellent healthy food choice. Turkey also contains selenium which has been shown to inhibit cancer development, improve the immune system, and aid in the metabolism of our thyroid hormone.



# Healthy food.

- How many meals a day do you have?
- What are your preferences in food?
- Do you eat fast food?
- Is the question: to be or not to be a veggie actual for you?



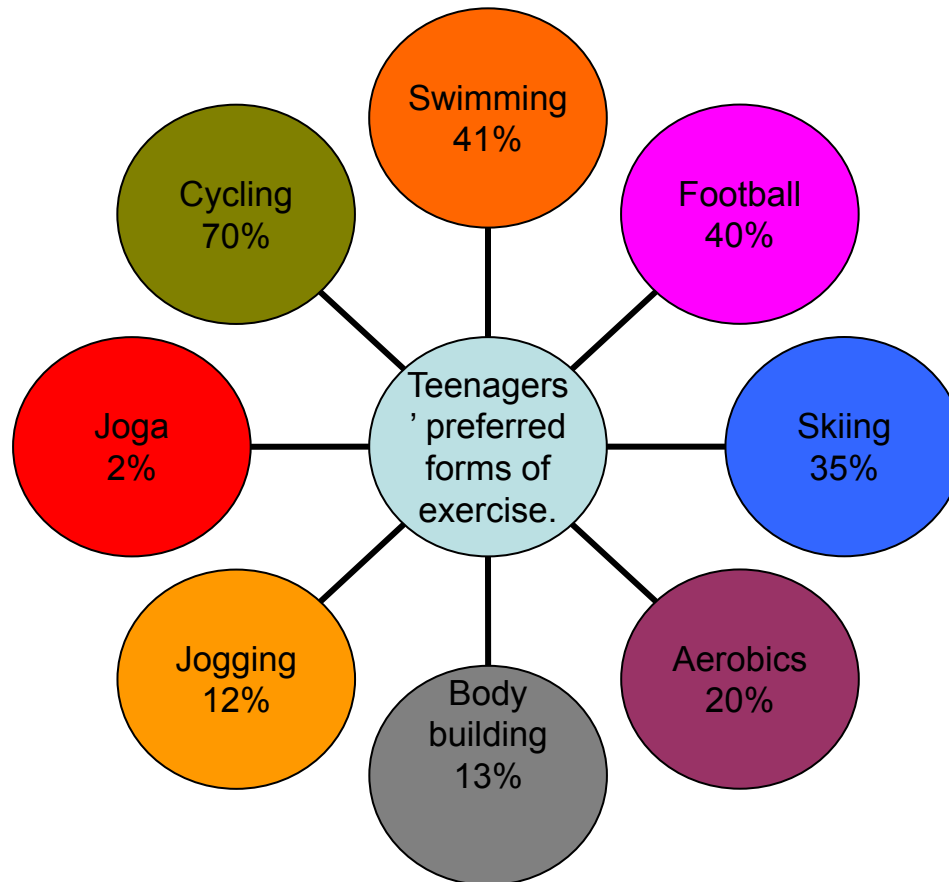


# What is your diet?

- Diets  
Proper diet forms the basis of man's vitality, vivacity, and longevity. Healthy eating does not mean giving up all your favorite foods; it's all about choosing foods wisely, preparing meals in a healthier way.
- Well-balanced diet is the key to good health. Aim to eat food from each following food groups each day:
  - Starchy foods-bread, rice, pasta, potatoes, cereals, etc.
  - Dairy products- cheese, milk, yogurt, etc.
  - Meat, Poultry- fish, and alternatives including lentils beans, nut products, and eggs.
  - Vegetables & Fruits- broccoli, carrots, apples, strawberries, etc.
- Eating a variety of foods from each of these groups should ensure that your body gets all the necessary vitamins and minerals you need and will help you maintain a healthy well balanced diet.

## Look at the diagram below and say:

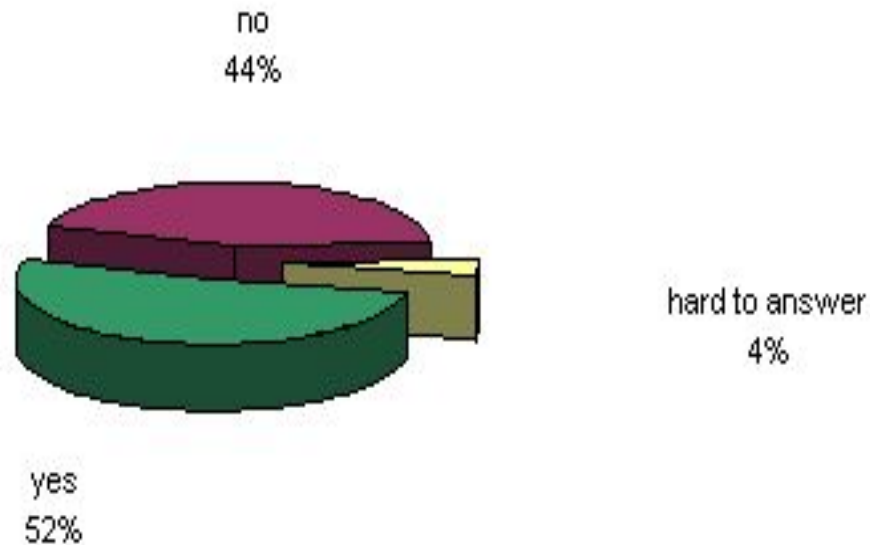
- Which form of exercise shown in the chart would you prefer? Why?
  - Why are some sports (ex. football, cycling) so popular and other sports (ex. yoga) unpopular among young people?
- What other forms of exercise do you know? Do you practice any of them?



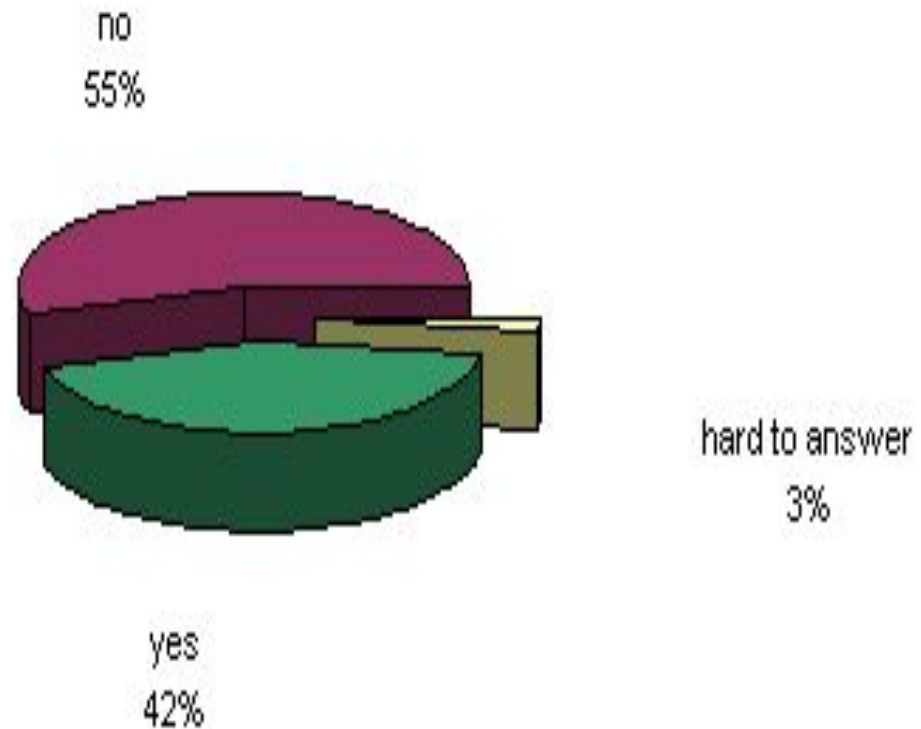


Look at the diagrams below and make your comments about healthy way of life in Russia.

- Look at the population poll and give your answers.
- **DO YOU HAVE A DESIRE TO PRACTICE SPORTS, OR NOT?**

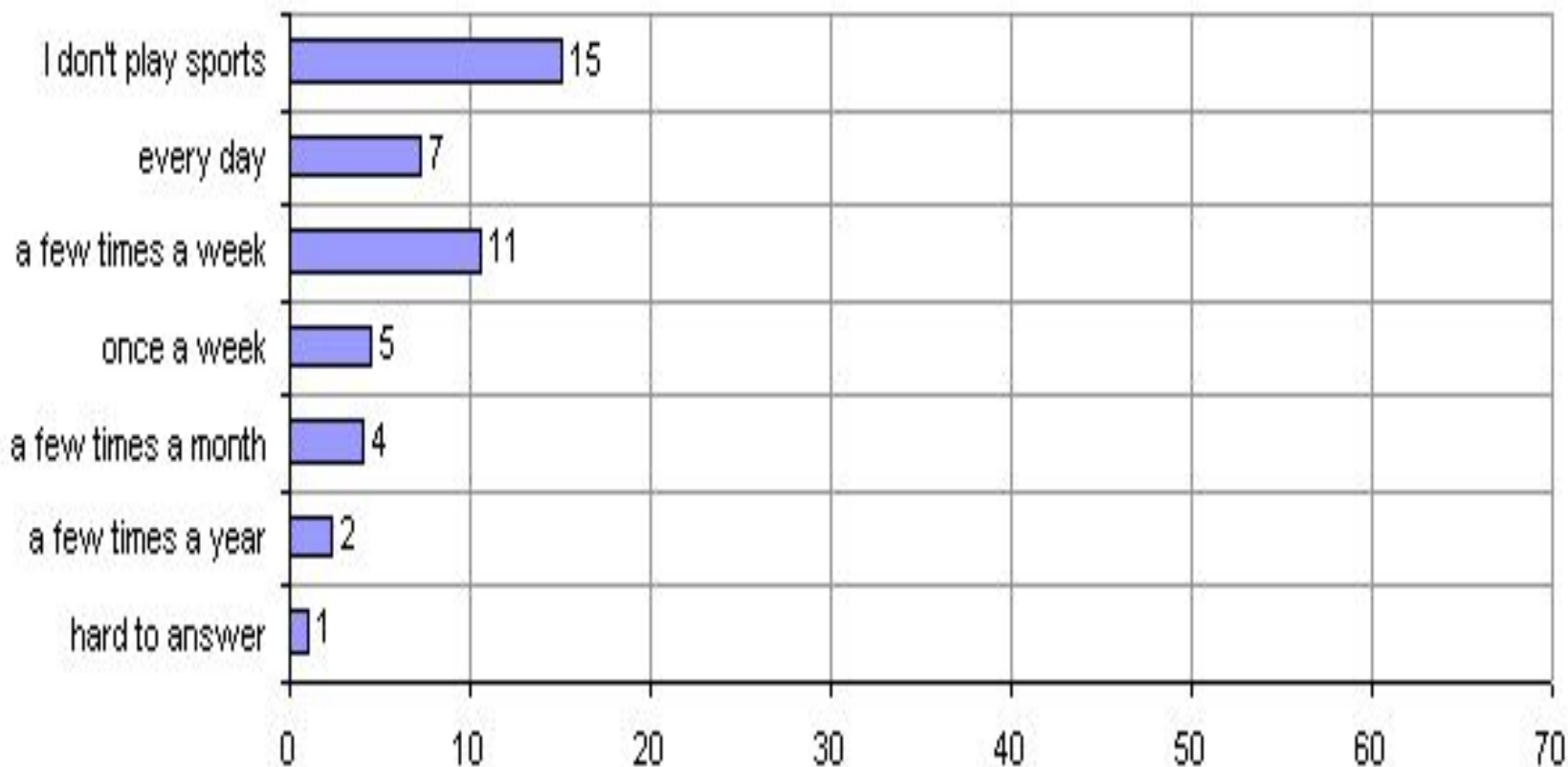


# DO YOU HAVE THE OPPORTUNITY TO PRACTICE SPORTS, OR NOT?

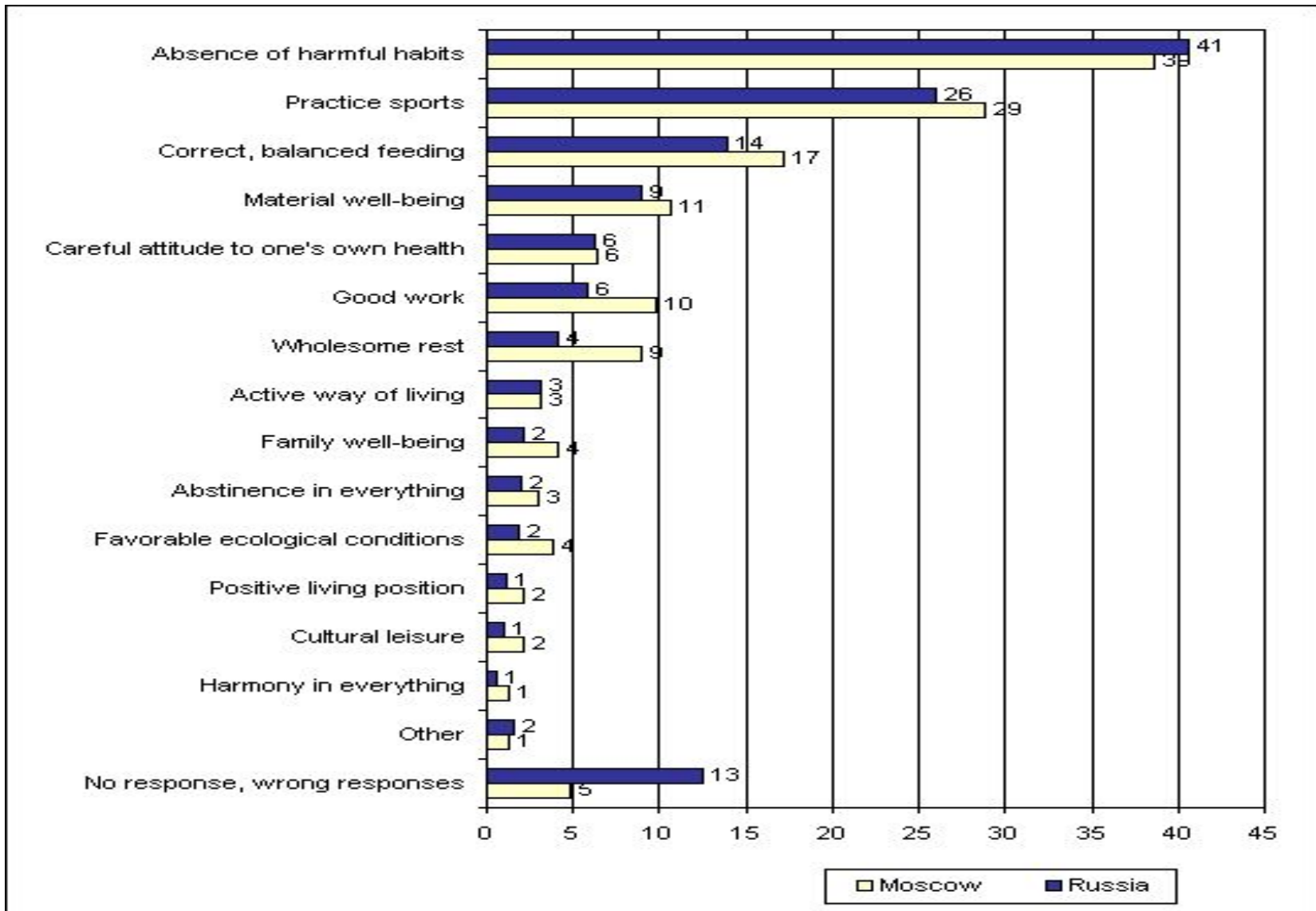




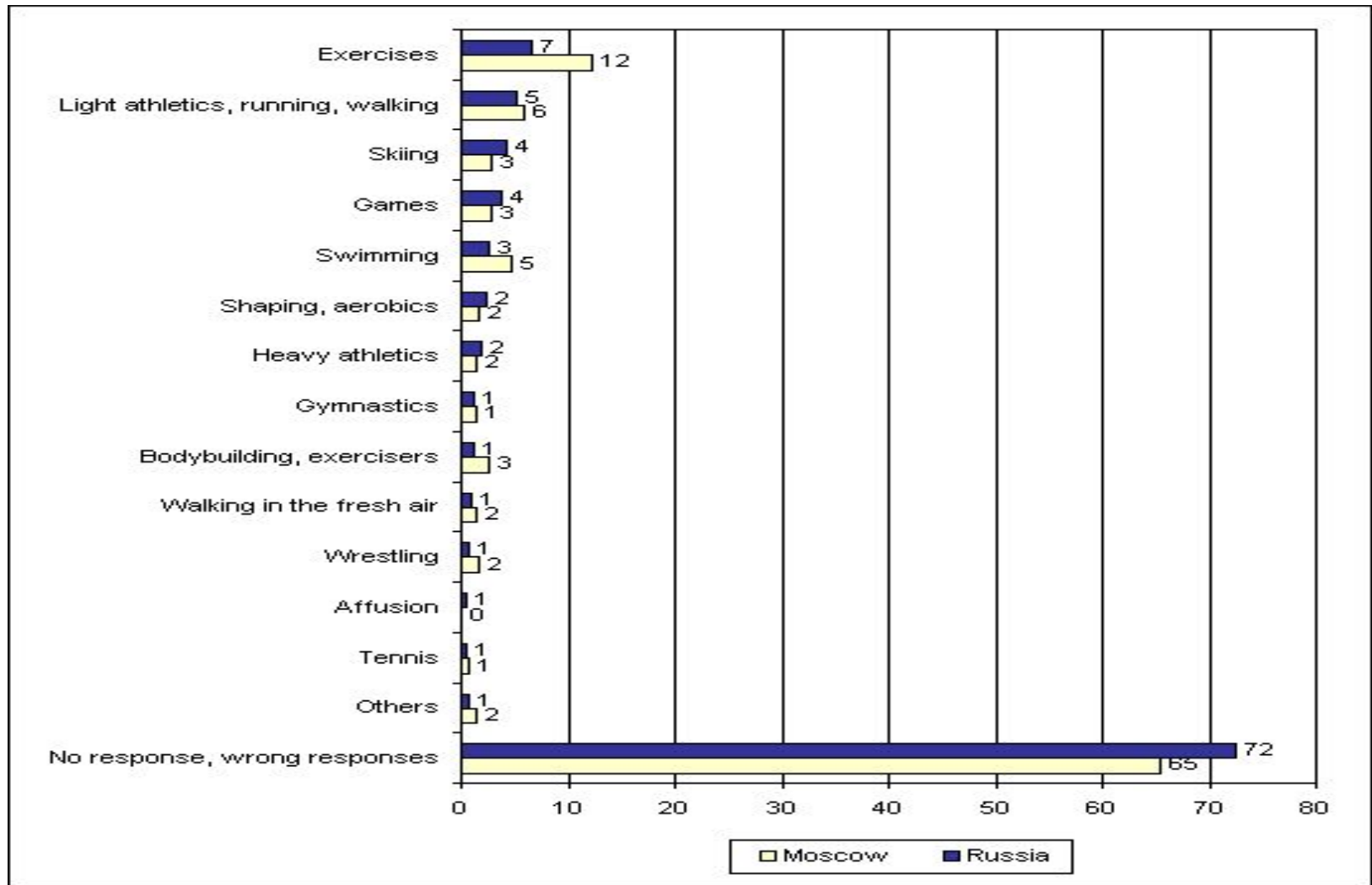
# DO YOU PRACTICE SPORTS, OR NOT? IF YOU DO, HOW OFTEN? (Responses of those saying they have the opportunity to practice sports)



# OPEN-ENDED QUESTION: HOW DO YOU UNDERSTAND THE EXPRESSION "HEALTHY WAY OF LIVING," WHAT DOES IT MEAN?



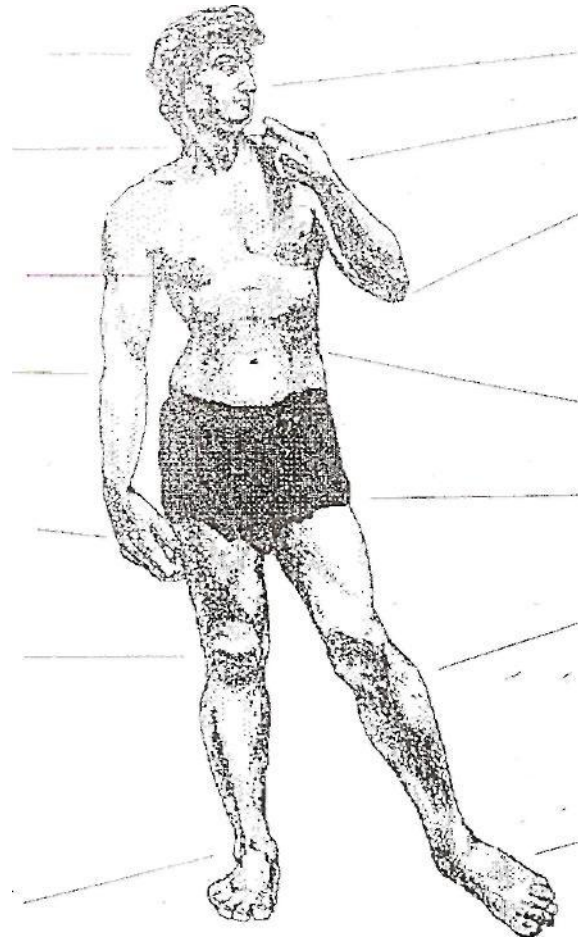
# OPEN-ENDED QUESTION: IF YOU DO PHYSICAL TRAINING OR PRACTICE SPORTS, EXACTLY WHAT DO YOU DO?

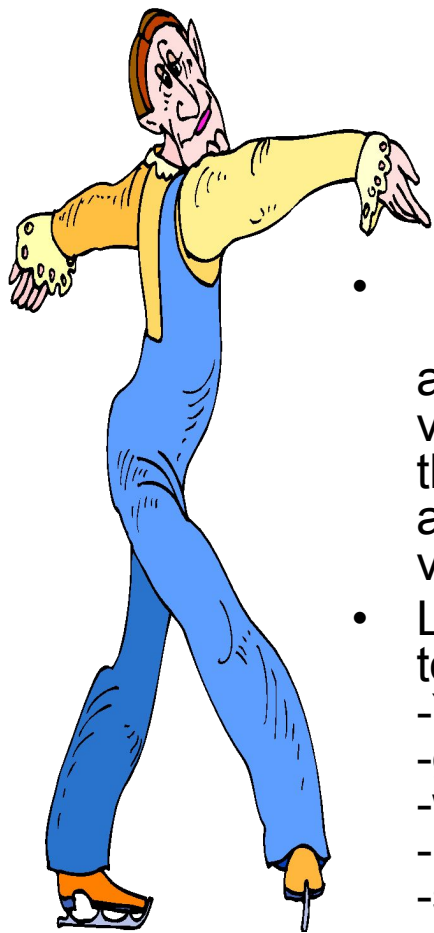


# Jumbled proverbs. Match the beginnings and the endings of proverbs.

- Health is better  
poison to others
  - Early to bed and early to rise makes a
  - Healthy mind in ,
  - An apple a day
  - Live not to
  - He who has health has hope,
  - Eat with pleasure  
has everything
  - A change of activity  
and wise
  - What is food for
- one man is bitter
- is the best rest. .
- drink with measure.
- eat but eat to live.
- a healthy body
- keeps a doctor away..
- and he who has hope
- man healthy, wealthy
- than wealth.

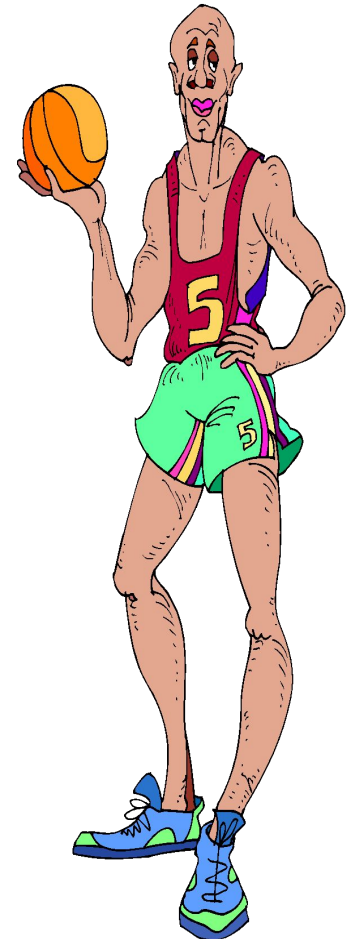
Label these parts of the body.





# Sports and Exercises.

- Sports develop force, endurance, accuracy, and dexterity. It also prevents organisms from various diseases. Physical culture accustoms the man to discipline. It brings up such qualities as will power, boldness, resoluteness, and valiance of the bourses.
- Listed below are some exercise that contribute to a healthier way of life:
  - Yogi
  - gymnastics
  - walking
  - running
  - skiing
  - ice skating
  - swimming
  - tennis
  - soccer
  - basketball
  - baseball
  - rugby
  - hockey
  - R. skating
  - weightlifting
  - wrestling
  - aerobic
  - American football
- In conclusion, all kinds of sports can be useful and healthy for your body regardless of the sport you choose. The important thing is to exercise regularly.





# “Visiting a doctor”.

**Are Russians generally healthy? Justify your opinion.**

**Alternative therapies (acupuncture, aromatherapy, homeopathy) are becoming extremely popular. Explain why.**

**Being a doctor is the best profession one can have. Discuss.**

- **Medical care should be free in all countries. Discuss.**
- **Are there enough facilities for the handicapped in your school and town? Describe the situation.**
- **Could drug taking among children and teenagers be prevented in your opinion?**
- **Do you consider yourself to be a healthy person? Why?**
- **How often do you fall ill?**
- **What illnesses and conditions have you experienced?**
- **What problems can result from an unhealthy lifestyle?**
- **Can they be prevented in your opinion?**
- **Do you consider yourself to be a healthy person? Why?**
- **How often do you fall ill?**
- **What illnesses and conditions have you experienced?**
- **What problems can result from an unhealthy lifestyle?**





Describe the first photo and answer the questions.

What diseases can only be treated in hospital?

Is being a surgeon an attractive profession? Why?

What are the advantages and disadvantages of being treated in hospital?

Have you ever been treated or visited anyone in hospital? Describe your experience.

Describe the second photo and answer the questions:

Are old people in Russia generally fit and healthy?

What are typical health problems of old people?

What should we do to remain fit when we are old?



Put the words into the logical order: from the least dangerous diseases to the most dangerous ones.

Flu

AIDS

Stroke

Cancer

Alcoholism

Asthma

Depression

Pneumonia

heart attack

Cold

hay fever

rheumatism

Match the symptoms with the illnesses. One symptom can be matched with several illnesses.

- *symptoms*
- have a headache
- I feel anxious
- I've got chest pains
- I'm losing weight
- I've got a cough
- I've got painful joints
- I feel dizzy
- I've got hallucinations
- I have very high blood pressure
- I've got difficulties in breathing
- I'm sneezing
- I've lost consciousness
- I've got fever
- I've got a sore throat
- I feel breathless
- I've lost my appetite

<i>illnesses</i>
<b>flu</b>
<b>AIDS</b>
<b>stroke</b>
<b>cancer</b>
<b>alcoholism</b>
<b>asthma</b>
<b>depression</b>
<b>pneumonia</b>
<b>heart attack</b>
<b>cold</b>
<b>hay fever</b>
<b>rheumatism</b>

Fill the table in using the words below:

Antibiotics, aspirin, bandage, surgery, vitamin C, mint tea, plaster, rest  
massage, acupuncture, ointment, pain killer, cold water

- | <i>Problem</i>   | <i>Symptoms</i> | <i>Treatment</i> |
|------------------|-----------------|------------------|
| • allergy        |                 |                  |
| • broken arm     |                 |                  |
| • sunburn        |                 |                  |
| • migraine       |                 |                  |
| • food poisoning |                 |                  |
| • a cut          |                 |                  |
| • appendicitis   |                 |                  |
| • a burn/a scald |                 |                  |

Match the adjectives with the nouns to complete a word combination.

Make up a sentence of your own with every word combination.

- *Adjective*
- Poor
- Infectious
- Sore
- Blood
- Lung
- Unhealthy
- Mental
- Nervous
- Fatal
- health

<i>noun</i>
disease
cancer
lifestyle
illness
insurance
pressure
throat
health
breakdown
disease

# Match the verbs with word combinations to make up set expressions

- *Verbs*
- take  
listen to  
examine  
operate  
prescribe  
vaccinate  
put  
x-ray  
take out  
fill

<i>word combinations</i>
on you
your tooth
you against a disease
your arm in plaster
your arm
your tooth
your temperature, pulse, blood pressure
medicines
you
your chest

# Match the doctor's prescriptions with the remedies.

- *Remedies*
- ointment
- plaster
- vaccination
- injection
- sleeping
- pills
- antibiotics
- physiotherapy
- nose drops

<i>doctor's prescriptions</i>
take one half an hour before going to bed
take one every 6 hours for 7 days
rub a little bit in every few hours
take a few drops three times a day
you'll have to get a shot at least 3 weeks before going to Africa
you need to take a message and exercises every other day
we'll give you a shot now and another one tomorrow
your broken arm needs to be treated in hospital



# Make a dialogue .

- **Patient:** Is the dentist seeing patients now?
- **Nurse:** Yes. What's the trouble?
- **Patient:** I have a toothache.
- **Problems with teeth:**
- I lost a filling.
- I have bad tooth here.
- I have a swollen gum.
- Please, fill this tooth.
- Extract this tooth.
- Treat this tooth.
- Smooth the pain.
- I need the tooth stopped.
- I need a crown (bridge) fitted on a tooth.
- I want a tooth removed.

## Complete the dialogue with the words in the box.

Lesser, knee, make, matter, over, suffering, two, imaginable, promise, indigestion, three, things, this, caught, little, sore, rest, sneezing, nervous, other, care, long, clear, feel, anything, examine, deeply, mouth, lungs

### • A visit to the doctor.

- Well, what's the \_\_\_\_\_ with you, Mr. Walker?
- You'd "better ask me what is not the matter with me, doctor.
- I seem to be \_\_\_\_\_ from all the illnesses \_\_\_\_\_: insomnia; headaches,
- \_\_\_\_\_ constipation and pains in the stomach.. To make \_\_\_\_\_ still worse, I've \_\_\_\_\_ a cold, I've got a \_\_\_\_\_ throat, and I am constantly \_\_\_\_\_ and coughing. To crown it all, I had the accident the \_\_\_\_\_ day, , hurt my right shoulder, leg and \_\_\_\_\_, and nearly broke my neck. If I take a \_\_\_\_\_ walk, I get short of breath. In fact, I \_\_\_\_\_ more dead than alive.
- I am sorry to hear that. Anyhow, I hope things aren't as had as you, imagine. Let me \_\_\_\_\_ you. Your heart, chest and \_\_\_\_\_ seem to be all right. How open your \_\_\_\_\_ and show me your tongue. Now breath in \_\_\_\_\_ through the nose... There doesn't seem to be \_\_\_\_\_ radically wrong with you, but it's quite \_\_\_\_\_ that you're run down, and if you don't take \_\_\_\_\_ of yourself, you may have a n \_\_\_\_\_ break down and have to go to hospital, I advise you, first of all, to stop worrying. Take a long \_\_\_\_\_, have- regular meals, keep to a diet of salads and fruit, and very \_\_\_\_\_ meat. Keep off alcohol. If possible give up smoking, at least for a time. Have \_\_\_\_\_ tonic made up and take two table spoonfuls \_\_\_\_\_ times a day before meals. If you do this I can \_\_\_\_\_ you full recovery within \_\_\_\_\_ or three months.
- And if don't doctor?
- Then you'd better \_\_\_\_\_ your will, if you haven't yet done sol
- I see. Well, thank you, doctor. I shall have to think it \_\_\_\_\_ and decide which is the \_\_\_\_\_ evil - to follow your advice or prepare for a better world!

# Right answers.

- A visit to the doctor.
  - Well, what's the matter with you, Mr. Walker?
- - You'd "better ask me what is not the matter with me, doctor.
- I seem to be suffering from all the illnesses imaginable:  
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- And if don't doctor?
- Then you'd better make your will, if you haven't yet done so!
- I see. Well, thank you, doctor. I shall have to think it over and decide which is the  
lesser evil - to follow your advice or prepare for a better world!

