

## The face:

forehead -

cheek -

ear -

eye -

nose -

mouth -

lip -

chin -

tooth -

jaw -

tongue -

throat -

Горло, ухо, подбородок,  
челюсть, щека, язык, лоб,  
нос, глаз, губа, рот, зуб,

## PATS OF THE BODY

- Head, neck, arm, hand, finger, thumb, chest, back, stomach, waist, leg, foot, toe

нога, шея, талия, палец ноги,  
голова, спина, ступня, большой  
палец, рука, кисть, живот  
(желудок), палец, грудная клетка

# JOINTS (СУСТАВЫ)

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- shoulder
- elbow
- wrist
- hip
- knee
- ankle
- bone
- muscle
- skin

Мышца, кожа, плечо,  
колени, кость, локоть,  
бедро, запястье, лодыжка

Mary Ow!

Paul What's the matter?

Mary My arm hurts.

Paul Oh, dear! Is it your shoulder?

Mary No, my shoulder is all right.

Paul Is it your elbow?

Mary No, my elbow is all right. It's my wrist.

Paul Does this hurt?

Mary Ow! Yes.

Paul Sorry.

Mary What's are you doing?

Paul I'm calling the doctor.

# Seeing the doctor

- Pain - боль
- Painkillers - болеутоляющие
- Medicine - лекарство
- Ointment - мазь
- Infection - инфекция
- Tablets - таблетки
- Prescription - рецепт
- To sign - подписать
- Twice a day – два раза в день
- To rub - натирать
- To rub it in - втирать
- To make an appointment – назначить прием
- Surgery - поликлиника
- Patient - пациент

Receptionist *Church Street Surgery, good morning.*

Mr. Brown *Good morning. I'd like to make ... for my daughter, please.*

Receptionist *Who is her ...?*

Mr. Brown *Dr Edwards.*

Receptionist *And what ... your daughter's name?*

Mr. Brown *Mary Smith. Can she see the doctor this morning?*

Receptionist *I'm sorry, Dr Edwards is ... all morning.  
Can she come at four o'clock?*

Mr. Brown *Yes, that's fine.*

Receptionist *Good. So that's an ... at four o'clock with  
Dr. Edwards.*

Mr. Brown *... . Goodbye.*

## ● The Smith family's doctor

Dr Edwards is the Smith family's doctor. He works at Church Street Surgery. Two other doctors work there, and three receptionists. A nurse works there in the afternoon. The practice has 3,500 patients. Dr Edwards sees between 25 & 30 patients every day. He usually sees patients at the surgery, but he sometimes visits patients in their homes. All of his patients are National Health Service patients: he doesn't see any patients privately.

1. What is Mary's doctor's name?
2. Where does he work?
3. How many other doctors work there?
4. How many patients does Dr Edwards see every day?
5. Where does he usually see patients?
6. Does he have a lot of private patients?

# Which words go together?

- 1. all
  - 2. can I
  - 3. good
  - 4. how
  - 5. I'm
  - 6. make
  - 7. oh,
  - 8. pain
  - 9. twice
  - 10. what's
- a) the matter
  - b) sorry
  - c) right
  - d) often
  - e) morning
  - f) killers
  - g) help you
  - h) dear
  - i) an appointment
  - j) a day



# Are you fit?

- 1. How careful are you about what you eat?  
□ A) very careful B) fairly careful c)not very careful d)not at all careful
- 2. How often do you have fatty food?  
□ a) hardly ever b)twice a week c)once a day d)twice a day
- 3. How often do you drink alcohol?  
□ a) hardly ever b)twice a week c)once a day d)twice a day
- 4. How much exercise do you do?  
□ a) a lot b) quite a lot c) not very much d) hardly any
- 5. How often do you go jogging?  
□ a) every day b) once a week c) once a month d) hardly ever
- 6. How many kilometres do you walk in a normal day?  
□ a) three or more b) two c) one d) less than one
- 7. How often do you go swimming?  
□ a) every day b) once a week c) once a month d) hardly ever

Look at your seven answers. Do you have more As, more Bs, more Cs or Ds?

If you have more As:

Congratulations! You are probably very fit and very slim, but you shouldn't overdo things.

If you have more Bs:

Well done! You are probably fit and not overweight. You have a good balance between having fun and being sensible about your fitness and diet.

If you have more Cs:

You think about fitness and diet, but you should try harder. You shouldn't eat quite so much, and you should get more exercise.

If you have more Ds:

You really should look after yourself better. You should eat more healthily and you should get more exercise.

Обратите внимание , что это слово можно употреблять в разных случаях:

- 1. как глагол:
- Try to **exercise** your arm muscles.
- Постарайся потренировать мышцы рук.
- 2. как абстрактное существительное:
- You need to get a lot of **exercise**.
- Тебе необходимо много заниматься.
- 3. как исчисляемое существительное:
- I'll teach you three **exercises**.
- Я научу тебя трем упражнениям.

**Write a questionnaire (опросник) with the title “Have you got a healthy lifestyle?”. Write at least 10 questions using the following phrases:**

- For breakfast/lunch
- To /at school
- In the park
- By bicycle/bus
- Watch television
- In summer/winter
- How many ... a day/week?
- In the morning
- To /in bed
- At the weekend

on foot  
take exercise  
wash your hands  
go to the doctor  
play a sport  
drink a glass of milk

# Verbs, nouns & adjectives

- Существует большое количество слов, которые употребляются в разных качествах.
- Например, “fat”
- Я очень полный I'm very **fat**.
- Я могу есть столько жира, сколько захочется. I can eat as much **fat** as I like.



# Which words go together?

- 1. beauty
  - 2. cut
  - 3. exercise
  - 4. Get
  - 5. Leisure
  - 6. Long
  - 7. Lose
  - 8. On a
  - 9. put
  - 10. swimming
- a ago
  - b centre
  - c diet
  - d down on
  - e fit
  - f machine
  - g on
  - h pool
  - l treatment
  - j weight

Выберите из предыдущего упражнения слова, чтобы составить полные предложения.

- 1. I gave up cigarettes...
- 2. I don't want any potatoes, thank you. I'm...
- 3. You are getting fat, John. I think you should ... beer and chips.
- 4. If you don't do any exercise, you'll ... a lot of weight.
- 5. I only weight 82 kilos, so I don't need to ...