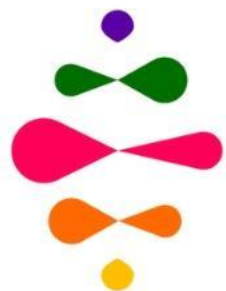




# The \_\_ of January Classwork

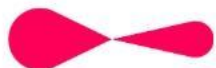


# БИТ

9 класс

Занятие 7. Healthy living guide

Интернет-урок 4. Facts and myths about your health



## ths vocabulary. Task 1



- damage
- permanent
- especially
- blame for
- search
- contrary to
- expect

- to say or think that someone or something is responsible for something bad that has happened
- to try to find someone or something
- continuing forever or for a long time
- harm or injury
- opposite to what someone said or thought
- to think that something will happen
- for one particular person, purpose, or reason

## Medical Myths vocabulary. Task 2

Complete the text with the correct word from the box.



1. I cooked this meal  for you.
2. The strong wind caused serious  to the roof.
3. Poor housing is to  many of their health problems.
4. The accident has not done any  damage.
5. I've  my bedroom but I can't find my glasses.
6.  popular belief, bottled water is not always better than tap water.
7. I  that she'll be very angry about this.



## Medical Myths. Task 1

Match the beginning of each medical myth to its end.



### Let's Learn!

- 1) How is your health? What things do you do to stay healthy?
- 2) How do you cure a cold or a headache?
- 3) Do you know any medical myths?

1. Cold, wet weather causes

2. Chocolate causes

3. Worry and stress can turn

4. Shaving hair causes

5. Children who eat a lot of sugar

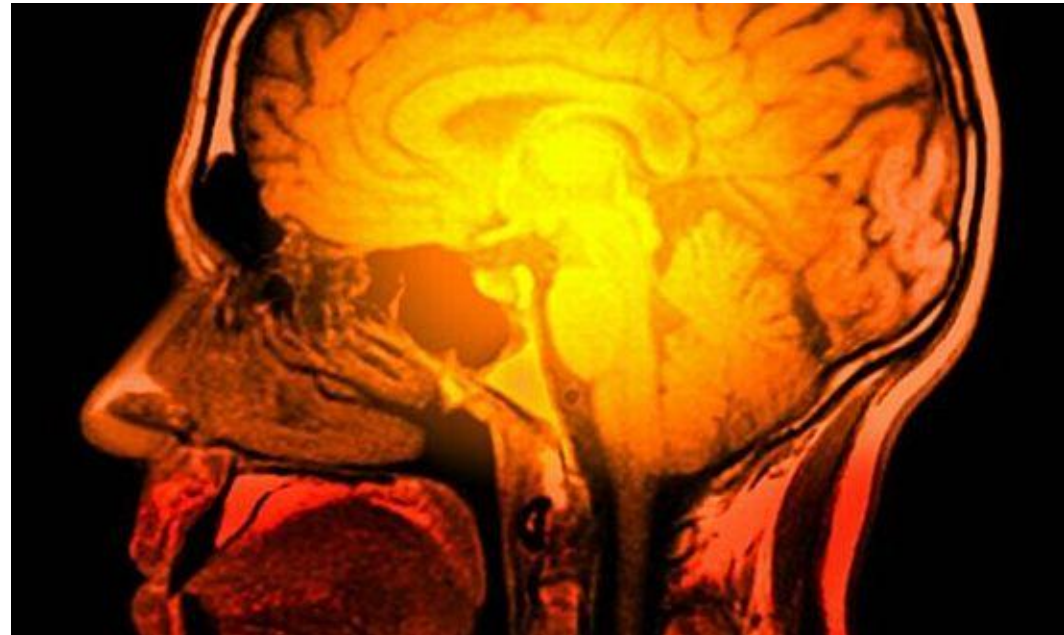
6. Chewing gum takes

become too active  
your hair gray  
colds and flu  
it to grow back faster, darker, or thicker  
7 years to pass through your system  
skin problems



## *Medical myths*

Each person uses  
only 10% of his or her  
brain's  
resources





## *Medical myths*

**Carrots can improve  
vision**



# *Medical myths*

Mobile devices cause significant electromagnetic interference in hospitals.



# *Medical myths*

Reading in dim light makes your vision worse



**Medical Myths** are common beliefs, rarely based on facts

- Some people believe drinking eight glasses of water a day can bring good health, while reading in dim light **damages** eyesight. Others believe we only use 10 % of our brains or that eating turkey is really tiring. But some scientists say that these are actually “medical myths”. Some are absolutely untrue, while others are impossible to prove, the British Medical Journal reports.
- Scientists from the Indiana University School of Medicine studied medical literature to find facts for each myth. They found information dated to 1945 suggesting that healthy people should drink eight glasses of water each day. But they say there are no facts supporting that recommendation. Studies also show that most people get enough water drinking juice, milk and even coffee.
- The myth that people use only 10 per cent of the brain has been around for more than a century. Some people believe it came from Albert Einstein, although there are no facts to prove that. What the scientists did find were studies that show people use much more than 10 percent of their brains.





- As for reading in dim light, doctors say that it can cause eye discomfort. This uncomfortable effect goes along with the feeling of dryness, so it is difficult to focus, but it does not cause **permanent** damage, the authors say.
- What about eating turkey? Does it really make you **especially** tired? Perhaps the reason turkey has long been **blamed for** making people extra sleepy is because of eating too much of it on Thanksgiving. Studies show that eating any large meal can make you tired.
- It is widely known, that hospitals do not allow to use mobile phones near medical equipment. They started it in 1993 after Wall Street Journal told a story about electromagnetic waves and their effect on medical devices. But an Internet **search** could not find any cases of death caused by use of mobile phones in hospitals. They did find reports of less serious events, such as false alarms or incorrect medical diagnoses.
- Dr David Tovey, editor of Clinical Evidence journal, said: “The difficulty is it is often hard to prove that something is not true. On the other hand, if there are no facts, it doesn’t mean there is no effect. Many of these “myths” are harmless. However, we are still finding facts that are **contrary to** what we know and **expect.**”



## Medical Myths. Task 3

Read the article again and decide whether the statements below are True, False or the information is Not stated.



1. According to the British Medical Journal reports, all the myths are untrue.

2. Drinking too much water can be dangerous.

3. Brain studies prove that we use 100 % of our brains.

4. Mobile phones shouldn't be allowed in hospitals because they cause deaths of patients.

5. Many medical myths do not cause any harm.



### Exercising

Answer the questions.

1. Do you know any other medical myths?
2. How do medical myths originate?



# Dig Deeper. Conjunctions

## Correct Punctuation

Even native English speakers can have problems with punctuating conjunctions. The most typical question is to use or not to use a comma.

1. When only two words or phrases are joined by a conjunction, comma is not necessary.

*We like banana and vanilla ice cream.*

2. When three elements are in the list, however, you must use at least one comma.

*He likes to play basketball, volleyball and rugby.*

3. In lists, commas separate each element.

*He ordered a salad, soup, lasagna and a desert.*

4. When we join two clauses, a comma is required before the conjunction.

*He passed his driving test, so his parents bought him a car.*

*She will walk, or she will ride her bicycle.*

- We use *and* for

- We use *or* for

- We use *but* for

- We use *because* for

- We use *so* for

We use *although* for

Look at the sentences and complete the rules.



1. Others believe we only use 10 % of our brains or that eating turkey is really tiring.
2. But they say there are no facts supporting that recommendation.
3. Some people believe it came from Albert Einstein, although there are no facts to prove that.
4. Perhaps the reason turkey has long been blamed for making people extra sleepy is because of eating too much of it on Thanksgiving.
5. However, we are still finding facts that are contrary to what we know and expect.
6. This uncomfortable effect goes along with the feeling of dryness, so it is difficult to focus, but it does not cause permanent damage, the authors say.

 Conjunctions. Task 1

Match the two parts of the sentence.



We wanted to go to the gig

I often eat hamburgers

Let's go to the cinema

I get up at 6 am

If the weather is fine tomorrow, we'll go on a picnic

I want to be fit

so I spend two hours in the gym every day.

or will just walk in the park.

but there weren't any tickets left.

although they're not healthy.

and watch this new American blockbuster.

because I start working at 8 o'clock.





Although

or

and

so

but

because

1. It was cold,  I put on a coat.

2. He wanted to buy a new CD,  it was too expensive.

3. My friend has got a guitar,  he can play it very well.

4. I did it  you told me to.

5.  the sun was shining, it wasn't very warm.

6. Turn the heat down  the meat will burn.



# Home task

Занятие 7 ИУ4

Выполнить 300

GIVE YOUR ANSWER. USING CONJUNCTIONS  
LIFE IN FRONT OF THE SCREEN (АУДИО)

Ответить на КВ к уроку

## GIVE YOUR ANSWER. USING CONJUNCTIONS

Задание

Write 5—6 sentences about yourself and your healthy habits. Use “and”, “but”, “or”, “so”, “because” and “although”.

## LIFE IN FRONT OF THE SCREEN

Задание

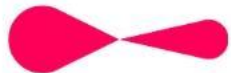
Could you live without television or the Internet?  
Record yourself.



### Your answer to the key question of the internet lesson

Carry out a survey asking your friends and classmates about medical myths they believe are true. Write a short report, using the language of the lesson.

[Write your answers here](#)





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