

I. There are good and bad health habits. Complete the table with these word combinations.

healthy diet, do sports, eating sweets, drinking alcohol, obesity, snacking, eating breakfast, smoking, taking drugs, skipping breakfast, exercising, eating high fibre food, physical inactivity, sleeping too much or too little, regular meals, eating whole meal bread, sleeping 7 or 8 hours, eating low fat food, getting up early

Good habits	Bad habits

II. Translate into English. These words will help you.

care about
health habits
influence
deadly
pay a lot of attention to...
depend on
promote
convince
keep healthy
cause
affect

high fibre food
gain weight

1. Я думаю, что людям следует заботиться о своем здоровье.
2. Если у вас хорошее здоровье, у вас хорошее настроение.
3. Наше здоровье зависит от многих вещей: от того, что мы едим, от наших привычек, от нашей физической активности.
4. Проводить много времени на открытом воздухе – очень важная вещь для каждого.
5. Мы должны есть больше фруктов и овощей, так как они богаты витаминами.
6. Мы не должны есть много.
7. Ешь по яблоку в день, и врач тебе не понадобится.

III. Translate into Russian

1. It is necessary to eat high fibre food.
2. I believe that we have to eat low fat food and visit a swimming pool.
3. Paying attention to health we have to go in for sports.
4. Regularity in life promotes our health.
5. We should convince our friends and relatives not to smoke or drink too much alcohol.
6. I am sure that our health is connected with our nervous system.

IV. Make up the sentences. Match the beginning of the sentences with their endings.

Smoking ...	causes slow reactions and loss of memory.
Drinking alcohol ...	makes our teeth yellow and our hair, clothes smell.
Taking drugs ...	they have problems with their hair and skin.
If people smoke ...	causes a cough and headache.
Some teenagers look pale and tired because	affects the whole family and the people around you.
	makes your brain centres sleep and affects your social controls.
	they don't get enough vitamins and minerals.
	makes our speech unclear.
	they have anaemia

V. Match the beginning and the ending of the proverbs:

- | | |
|-----------------------------------|--|
| 1. Health is | a. worse than disease |
| 2. An apple a day | b. better than a cure |
| 3. A remedy is | c. the greatest wealth (above wealth) |
| 4. Early to bed and early to rise | d. catches the worm |
| 5. The early bird | e. keeps the doctor away |
| 6. Prevention is | f. in a sound body |
| 7. A sound mind | g. makes a man healthy, wealthy and wise |

VI. Read the text and guess the meaning of the following words:

to consult a doctor	headache
complain of	heartache
examine	rest-cure
patient	strictly
treatment	

A visit to the doctor

Once an old gentleman came **to consult a doctor**.

“What do you **complain of**?” – asked the doctor.

“You see, doctor, my nervous system is in a bad state. I have a **heartache**, often **headache** and my sleep isn’t good. Sometimes I cannot sleep all night long.”

The doctor **examined** the **patient** very carefully and said: “Your **treatment** will be very simple, in other words it will be a **rest-cure**. You should go to a quiet place in the village for a month and have an active rest there: get up early, do morning exercises, have breakfast and go for a walk. You should walk much, go to the forest for fresh air, eat much fruit and vegetables and drink milk before going to bed. And you can smoke only one cigarette a day.

A month later the gentleman came to see the doctor again.

“How are you?” – asked the doctor.

“I am quite well now,” – answered the patient – “I’ve done everything that you recommended me, doctor.

I **strictly** followed all your orders. I walked much, ate much fruit and vegetables and drank milk before going to sleep. But one cigarette a day almost killed me.”

“But why?” – asked the doctor.

“It’s not a joke to begin smoking at my age, I had never smoked before,” – answered the gentleman.

VII. Read the text again and answer the questions. Answer the questions:

1. What did the old gentleman complain of when he came to consult the doctor?
2. What did the doctor recommend the patient after examining him carefully? How many cigarettes could the man smoke every day?
3. When did the patient come to see the doctor again?
4. How did the patient feel after the rest-cure?
5. Did the patient follow all the doctor’s orders?
6. Why did one cigarette a day almost kill him as he said?

Fill in the blanks with the suitable words.

1. Once an old gentleman came _____ a doctor.
2. The doctor asked the patient: “What do you _____?”
3. The doctor _____ him _____.
4. “Your _____ will be very simple, said the doctor.
5. “You _____ go to a quiet place in the village for a month and have an _____ rest there.
6. And the doctor recommended the patient to smoke only _____ cigarette a day.
7. _____ the gentleman came to see the doctor again.
8. “I strictly _____ all your _____, doctor,” said the patient.
9. But one cigarette a day _____ killed me.
10. It’s not a _____ to begin _____ at my age. I had never smoked before.