

**АВТОНОМНАЯ НЕКОММЕРЧЕСКАЯ ОРГАНИЗАЦИЯ
СРЕДНЕГО ПРОФЕССИОНАЛЬНОГО ОБРАЗОВАНИЯ
«КОЛЛЕДЖ ИНФОРМАЦИОННЫХ ТЕХНОЛОГИЙ И ПРАВА»
(АНО СПО «КИТП»)**

**ОГСЭ.03 ИНОСТРАННЫЙ ЯЗЫК (АНГЛИЙСКИЙ) ПО ТЕМАМ: МОЙ
КОЛЛЕДЖ, О СЕБЕ, ЧАСТИ ТЕЛА ЧЕЛОВЕКА, ГИГИЕНА**

Рабочая тетрадь для самостоятельной работы
обучающихся очной формы обучения специальности
31.02.01 «Лечебное дело»

Щелково, 2022 г.

Рассмотрено
на заседании ЦМК
Протокол № 4 от «28» августа 2022 г.

Утверждено
на заседании МС
Протокол № 4 от «28» августа 2022 г.

Директор АНО СПО «КОЛЛЕДЖ
ИНФОРМАЦИОННЫХ ТЕХНОЛОГИЙ И
ПРАВА»

:

Преподаватель АНО СПО «КИТП»

Рабочая тетрадь предназначена для изучения лексического материала, входящего в раздел «Знакомство», «Части тела» программы по иностранному языку (английскому) по специальности 31.02.01 Лечебное дело.

Рабочая тетрадь по дисциплине Английский язык предназначена для выполнения разнообразных творческих заданий студентами-медиками в соответствии с ФГОС нового поколения, а также призвана помочь в самостоятельной подготовке к урокам.

Рабочая тетрадь содержит тексты по теме, тестовые задания, грамматические упражнения, задания для самостоятельной работы и вопросы для проверки понимания текстов. Рабочая тетрадь адресована обучающимся очной формы обучения для самостоятельной работы над темой в рамках подготовки к текущей и промежуточной аттестации.

Содержание

Пояснительная записка.....	4
Введение	5
Задания для самостоятельной работы	
Part 1. About myself, My college.....	6
Part 2. Body parts, Hygiene.....	24
Список литературы.....	37
Эталоны ответов.....	38

Пояснительная записка

Настоящая рабочая тетрадь по английскому языку составлена в соответствии с ФГОС нового поколения и рабочей программой по дисциплине Английский язык, предназначена для учащихся первого курса специальности 31.02.01 Лечебное дело.

Цель данного издания – помочь учащимся пополнить свой словарный запас по медицине, систематизировать имеющиеся знания по грамматике и лексике английского языка, развить языковые навыки и навыки чтения профессионально-ориентированных текстов. Составление данной тетради стало актуальным при переходе на ФГОС нового поколения, так как в настоящее время большая роль отводится самостоятельной работе студентов.

Рабочая тетрадь содержит лексические и грамматические упражнения и разнообразные творческие задания, позволяющие реализовать личностно-ориентированный подход при работе с учащимися с разным уровнем подготовки и ориентирующие на практическое использование английского языка.

Данная тетрадь может быть использовано как для выполнения домашних заданий по дисциплине, так и для самостоятельной аудиторной работы обучающихся.

Тематически учебный материал данного пособия распределён следующим образом:

1 часть – задания по темам: О себе, Мой колледж;

2 часть – задания по темам: Части тела человека, Гигиена.

Грамматический материал представлен следующими темами:

- грамматические категории существительного: род, число, падеж;
- артикль;
- спряжение глаголов to be, to have.

На этапе введения новых лексических единиц предусматривается опора преимущественно на произвольное запоминание и создание ассоциативных связей. В процессе работы происходит осмысленная интерпретация нового материала, систематизация изучаемого и изученного ранее материала. Работа предполагает самостоятельность обучающихся и стимуляцию активной умственной деятельности.

Неоднократное повторение слов в упражнениях обеспечивает их запоминание. При работе над каждой группой слов используются однотипные упражнения, что позволяет обучающимся использовать общие учебные умения и ускорить процесс выполнения заданий.

Введение

Рабочая тетрадь по темам: мой колледж, о себе, части тела, гигиена, составлена в помощь для работы на занятиях или дома и для подготовки к промежуточной аттестации. Целью изучения данных тем является систематизация и расширение знаний о себе, о колледже, о гигиене, а также совершенствование лексических навыков, умений чтения, развитие и воспитание способности и готовности к самостоятельному и непрерывному изучению иностранного языка, дальнейшему самообразованию.

Настоящая тетрадь включает два раздела, которая посвящена работе с лексикой по темам. Сюда входят упражнения для введения и закрепления лексики по указанной теме с опорой на тексты. Задания можно выполнять в любой последовательности.

Выполнение упражнений, тестовых упражнений поможет Вам подготовиться строить диалог и вести беседу с партнерами.

PART 1. ABOUT MYSELF, MY COLLEGE

Exercise 1. Give the plural forms of the following nouns:

bed- ward- shoulder- operation-
student-
match-
body- day-
doctor-

Exercise 2. Read and translate the nouns in plural.

Women, children, knives, pages, teeth, advice, magazines, heroes, men, goods, contents, riches, wages, geese, mice, oxen, feet, leaves, wolves, wives.

Exercise 3. Give the singular form.

women-
feet-
children-
news-
leaves-
knives-
sheep-
shorts- plays-
books-

Exercise 4. Give the plural form:

criterion –
datum –
formula – crisis
– curriculum -
stimulus –
phenomenon –
medium –
nucleus – basis
– analysis –

hypothesis –
diagnosis –
bacterium -
genius– fungus
- neurosis -

Exercise 5. Use the possessive case.

the assistant of the director - the last
letter of my mother-in-law – a
semester of eight weeks – an interval
of ten minutes – a distance of five
miles - the population of England -
the rooms of the daughter and the son -
the new house of the Parkers - icy
mountains of Greenland - the cottage
of my parents – the influence of the
sun - the joys and grieves of life - the
policy of the company - a play of
three acts - the children of my aunt
Ann - the paintings by Picasso and
Dali -

Exercise 6. Use the possessive case.

1. The book of this writer is interesting.

2. The foot of my son is big.

3. The uncle of Tom is a doctor.

4. These are the notebooks of his students.

5. The article of the researchers made a sensation.

Exercise 7. Translate into English.

1. Вчера я встретила друга в аптеке.

2. Это словарь Ричарда и Артура.

3. Дочь моего брата – медсестра.

4. Мать моего друга - терапевт.

5. Это кабинет врача.

6. Это мать Мэри и Джона.

Exercise 8. Translate into Russian.

Britain's medicine. A day's work. My friend's hat. The sister's letter. The world's first spaceman. The children's hands. An hour's walk. The women's magazines. The Parliament's session. A week's rest.

Exercise 9. Insert the articles.

1. ...Volga is ... longest river in ... European part of ... Russia. 2. I'd like to go on ... excursion to ... Crimea. 3. There is ... stadium not far from our ... house. 4. My brother is a pupil of ... 8th form and he wants to become ... doctor. 5. ... chemistry is his favourite subject at ... school. 6. ... children like ... ice-cream. 7. Can you tell me ... way to hospital? 8. My friend is ... first – year student of ... Medical College. 9. I never eat ... chocolate. 10. Kate works as ... nurse.

Exercise 10. Translate into English.

1. Экзамен по анатомии продолжался час, и задания были трудные.

2. Мы опоздали на автобус и не поехали на экскурсию.

3. Катя – вегетарианка. Она не ест мяса.

4. Ешь морковь. В овощах много витаминов.

5. Сеченов- выдающийсярусскийучёный.

Exercise 11. Find and correct mistakes.

1. Sveta is a best student in the our medical college.

2. My best friend works as the surgeon.

A my boyfriend likes the chocolate and ice-cream.

3.

4. There is the new hospital in my town.

5. Thames flows through the London.

Exercise 12. Answer the questions.

1. What is your name (first name, surname)?

2. How old are you?

3. Where are you from?

4. Where do you study?

5. What is your future profession?

6. What are your favourite subjects?

7. Where do you want to work?

8. What are your hobbies?

Exercise 13. Make up the resume.

PERSONAL INFORMATION

Name: _____

Home address: _____

Telephone number: _____

Date of Birth: _____

Marital Status: _____

OBJECTIVE

EDUCATION

WORK EXPERIENCE

Duties:

LANGUAGES

OTHER SKILLS, HOBBIES & ACTIVITIES

REFERENCES

Exercise 14. Answer the questions.

1. What is your first name? What is your surname?

2. How old are you?

3. When is your birthday?

4. Is your family large? How many are you in the family?

5. Have you got any brothers or sisters?

6. What are your parents? Where do they work?

7. How long have your parents been married?

8. Do they have much in common?

9. Do you spend a lot of time with your family?

10. What sort of things do you do together?

11. Do you go out with your parents?

12. Who runs the house in your family?

13. What are your household duties?

14. What are your parent's hobbies?

15. Can you describe your mother?

16. Can you describe your father?

17. Do you have pets in your house?

Exercise 15. Find misfit.

Family: niece, nephew, aunt, uncle, cousin, son, sibling, brother, sister, neighbour, twin, stepfather, stepmother, foster daughter, foster son, father, mother, half- sister, daughter-in-law, son-in-law.

Exercise 16. Choose the correct answer.

1. She is the daughter of my mother. She is my...
a) aunt c) grandmother b) sister d) cousin
2. He is the father of my father. He is my...
a) grandfather c) uncle b) grandson d) cousin
3. He is the father of my brother. He is my...
a) uncle c) father b) son d) grandfather
4. He is the son of my uncle. He is my...
a) cousin c) grandfather b) father d) brother
5. She is the sister of my mother. She is my...
a) grandmother c) aunt b) daughter d) cousin
6. He is the son of my brother. He is my...
a) cousin c) uncle b) nephew d) father
7. He is the brother of my mother. He is my...
a) nephew c) uncle b) son d) cousin
8. He is the husband of my aunt. He is my...
a) uncle c) cousin b) father d) brother
9. She is the mother of my mother. She is my...
a) aunt c) daughter b) niece d) grandmother
10. She is the daughter of my sister. She is my...
a) niece c) mother b) aunt d) cousin
11. She is the wife of my uncle. She is my...
a) mother c) aunt b) daughter d) niece
12. She is the daughter of my aunt. She is my...

- a) cousin c) mother b) niece d) grandmother

Exercise 17. Choose the correct answer.

1. Kate and Lena ___ my patients.

- a) am b) are c) is

2. Gauze ___ on the table.

- a) am b) is c) are

3. I ___ a therapist.

- a) am b) is c) are

4. He ___ a charge nurse.

- a) am b) is c) are

5. You ___ my best friend.

- a) am b) is c) are

6. Hey Mark! We ___ here.

- a) am b) is c) are

7. They ___ in the same ward.

- a) am b) is c) are

8. Mr and Mrs Baker ___ going to visit their distant relative in hospital.

- a) am b) is c) are

9. She ___ a good doctor.

- a) am b) is c) are

10. My cousin ___ midwife.

- a) am b) is c) are

11. The operation ___ successful.

- a) was b) were

4. The lesson is over. (in 5 minutes)

5. The book is translated into English. (soon)

Exercise 19. Make the sentences interrogative.

Model: The students are at the Anatomy lesson now.

Are the students at the Anatomy lesson now?

1. My father is a pharmacist.

2. This operation was made by a group of our best surgeons.

3. Our students were in London last year.

4. We will be in Moscow in summer.

5. The report was interesting.

Exercise 20. Translate the sentences into Russian.

1. I have much work to do.

2. We have got many books on this question.

3. She had a meeting yesterday.

4. The students will have a lecture in pharmacology tomorrow.

5. They usually have their dinner in the canteen.

Exercise 21.

Transform the sentences into the past. Model: We have an English lesson today. (yesterday)

We had an English lesson yesterday.

1. She has a lot of free time. (last week)

2. We have a dictation in Russian today. (two days ago)

3. He has a headache. (yesterday)

4. They have to start this experiment now. (several weeks ago)

5. The students of our group have a scientific conference today. (last week)

Exercise 22. Transform the sentences into the Future. Model:

The students have a lecture in stomatology. (tomorrow)

The students will have a lecture in stomatology tomorrow.

1. We have a good rest every Sunday. (next Sunday)

2. I have just finished my work. (by 5 o'clock)

3. They have plenty of fruit in their garden. (in autumn)

4. She has to do this research today. (in a day)

5. The teacher has to explain this grammar rule again. (at the next lesson)

Exercise 23. Choose the correct answer.

1. The doctor stayed at his hospital very late because he ____ a lot of work.

- a) has b) have c) will have d) had

2. I _____ not seen you for ages.

- a) has b) have c) will have d) had

3. My friend _____ an increased temperature.

- a) has b) have c) will have d) had

4. She _____ a pneumonia last year.

- a) has b) have c) will have d) had

5. He _____ an appointment with the doctor tomorrow.

- a) has b) have c) will have d) had

Exercise 24. Translate into Russian. Find the pronouns.

1. May I take you by the arm?

2. His hearing is weak.

3. Last week my elder brother fell ill with bad cold.

4. Her brother had to give up smoking due to chronic bronchitis?

5. Her child is two years old.

Exercise 25. Choose the necessary pronoun.

1. Here are (some, any) tablets for you.

2. How (many, much) time does it take you to get to the nearest hospital?

_____ 3. (Nobody, anybody) knows that doctor.

4. He has (little, few) knowledge about it.

5. You shouldn't lift (anything, something) heavy.

Exercise 26. Open the brackets.

1. Give (they) notebooks.

2. Let (I) know if anything happens.

3. She lives in Omsk with (she) family.

4. This ward nurse is a friend of (I).

5. (We) plant is very large.

Exercise 27. Fill in the blanks. Use the pronouns or their derivatives.

A) some, any, no, every

1. You must ask _____ to help you in this work.
2. If I have _____ free time, I shall go _____ tonight.
3. Did you hear _____ about our plan?
4. Did you say _____? – No, I said _____.
5. I have _____ to tell him.
6. I need _____ apples for this recipe.
7. I know _____ French.
8. The buses go _____ 10 minutes.
9. Have _____ more vegetables.
10. I don't want _____ more vegetables.
11. May I have _____ more ice-cream?
12. Would you like _____ milk in your coffee?
13. Are there _____ cherries left? - No, there aren't _____. There are _____ cherries, but there are _____ apricots.
14. He has _____ third day off.
15. Money isn't _____.
16. She'll stop at _____ to make money.
17. One in _____ three marriages ends in divorce.
18. There is _____ place like home.

B) much, many, more, less, (a) little, (a) few

1. How _____ Latin words do you know?
2. There are _____ parks in our city.
3. Hurry up. We have _____ time to waste.
4. Please, try to make _____ noise.
5. He drank _____ water and felt better.
6. There was very _____ water in the glass.
7. May I have _____ coffee, please?
8. They were _____ surprised.
9. Do you spend _____ time on your Latin exercises?

2) 22 сентября 1959 года

3) 43-й президент

4) одна треть

5) одна четверть

6) две трети

7) три четверти

8) четыре и одна восьмая

две пятых

9)

10) шесть целых тридцать пять сотых

11) ноль целых четыреста пятьдесят четыре тысячных

12) триста восемьдесят пять целых двести три тысячных

Exercise 33. Write the following dates in English.

4.05.1997; 29.04.1982; 17.12.1973; 15.06.1956; 30.01.2002; 4.09.1879; 9.02.2000; 31.03.1727;
11.10.1965; 14.08.1663; 17.11.2001; 28.07.1897.

Exercise 34. Reorder the words to write sentences.

1. are / my / doctors / parents

2. must / patient / a / carefully / doctor / examine / a

3. works / nurse / as / a / sister / my

4. operations / eyes / surgeon / delicate / the / performs / the / on

5. to / the / she / go / decided / hospital / to

6. of / bad / boy / headache / complained / a / the

7. twice / temperature / day / she / the / a / takes

8. you / injection / I / an / give / will

9. stay / patient / bed / the / must / in

10. treat / by / they / diet / many / diseases

Exercise 35. Find and correct the sentence with the error.

1. The main symptoms of tonsillitis are fever, cough and sore throat.
 2. Nurses can specialize in many different fields.
 3. A paediatrician treats children.
 4. Vitamins a very important role play in human health.
 5. A good dentist can extract teeth painlessly.
-

Exercise 36. Translate into English

Биология, английский язык, химия, анатомия, фармакология, терапия, хирургия, глазные болезни, зубные болезни, педиатрия, акушерство, гинекология, инфекционные болезни, история медицины, кожные болезни, сестринское дело, патология, кардиология.

Exercise 37. Guess the word.

1. The scientific study of the body and how its parts are arranged.

A

2. The study of medicines and drugs, including their action, their use and their effects on the body.

P

3. The area of medicine which deals with pregnancy and the birth of babies.

O

4. The treatment of injuries or diseases in people or animals by cutting open the body and removing or repairing the damaged part.

S

5. The science or study of medical care for children.

P

Exercise 38. Answer the questions.

1. Where do you study?

2. How many departments are there in your college?

3. What kind of qualification does the “Nursing Affair” department give?

4. What kind of qualification does the “Curative Affair” department give?

5. What department do you study in?

7. What is your future profession?

8. Why did you choose this profession?

9. Where do you want to work?

10. What are the main professional duties of a nurse (midwife / doctor’s assistant / dental technician /dental hygienist / pharmacist / laboratory technician)?

11. What traits must a good nurse (midwife / doctor’s assistant / dental technician / dental hygienist /pharmacist / laboratory technician) have?

12. What difficulties of medical profession can you name?

Exercise 39. Write in English.

Сестринское дело, Лечебное дело, Акушерское дело, Медико-профилактическое дело, Стоматология, Ортопедическая стоматология, Фармация.

Exercise 40. Translate into Russian.

Florence Nightingale (1820-1910) was the founder of modern nursing. She dramatically improved conditions for soldiers in field hospitals, and educated people about the importance of hygiene. She saved thousands of lives and became very famous. She later started her own training college for nurses, and wrote many books on nursing.

Exercise 41. Translate the “Nightingale Pledge” into Russian.

I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling. With loyalty will I endeavor to aid the physician, in his work, and devote myself to the welfare of those committed to my care.

PART 2. BODY PARTS AND INTERNAL ANATOMY. HYGIENE.**Exercise 1. Match these words.**

big	hair
little	ears
long	nose

short	eyes
fair	cheeks
dark	neck
blue	lips
red	legs
round	eyebrows
oval	chin
pale	face
sharp	head
	hands
	feet

Exercise 2. Complete these sentences.

You see with your ____

You hear with your ____

You bite with your ____

You hold with your ____

You smell with your ____

You eat with your ____

You walk with your ____

You stand on your ____

You kneel on your ____

You carry a backpack on your ____

Exercise 3. Answer the questions.

1. What colour is your hair?

2. What colour are your eyes?

3. Is your hair long or short?

4. Is your face round or oval?

5. Are your cheeks rosy or pale?

Exercise 4.

Divide these words into two groups.

back, chin, cheeks, ears, eyes, arms, forehead, hair, head, hands, lips, legs, neck, nose, stomach, trunk, extremities, gums, palate, abdomen, upper arm, forearm, skull, chest.

Body: _____

Head: _____

Exercise 5. Translate these words into English.

Тело, голова, шея, лоб, лицо, щека, подбородок, волосы, челюсть, глаз, бровь, веко, ресница, нос, ноздри, рот, зуб (зубы), плечо, грудь, грудь (молочная железа), спина, поясница, рука, кисть (руки), запястье, нога, стопа (стопы), бедро, голень, палец (руки), палец (ноги), ягодица, колено, икра, лодыжка.

Exercise 6. Complete this text with appropriate words.

The principal parts of the human body are the _____, the trunk, and the extremities. We have upper extremities (_____) and of the lower extremities (_____).

The head consists of two parts: the skull and the face. The skull contains the brain and the face consists of the _____, the _____, the _____, the _____, the _____, the _____, and the _____.

The mouth has two lips. In the mouth cavity there are gums, _____, a tongue and a palate. The head is connected with the trunk by the _____. The upper part of the trunk is the _____ and the lower part is the abdomen.

The upper extremity is connected with the chest by the _____. The upper extremity consists of the _____, the elbow, the _____, the wrist and the _____. We have four _____ and a thumb on each hand. The lower extremity consists of the _____, the _____, the _____, the _____ and the _____. The skin covers the body.

Exercise 7. Write the comparative and superlative forms of these adjectives.

1. hard-harder-the hardest
2. fast
3. weak
4. painful

5. frightening
6. sensitive
7. sleepy
8. strong
9. effective
10. bad

Exercise 8. Read each sentence. If it is correct, write a tick. If there is a mistake, correct it.

1. The most worst pain many women experience is in childbirth. ___worst___
2. It more hurts than it did yesterday. _____
3. Physiotherapy can sometimes be more effective for back pain than drugs. _____
4. These tests are less painfuller than others, because only a drop of blood is needed.

5. Which drug will give the most effective pain relief? _____
6. The fingers are one of most sensitive parts of the body. _____
7. My legs ache less when I'm walking than when I'm standing still. _____
8. Kidney stones are one the most painful condition you can have. _____
9. It's difficult to say where it hurts the more. _____
10. Winter is the most usual season for diphtheria. _____

Exercise 9. Complete these sentences with the comparative or superlative forms of the adjectives.

1. Aspirin is the strongest (strong) painkiller we've got, I'm afraid.
2. Can I do anything to make you feel _____ (well)?
3. Moving around is getting _____ (hard) to do.
4. Injection is _____ (fast) way to administer pain relief.
5. He is _____ (weak) he was yesterday.
6. For children, thinking about the injection is _____ (frightening) the pain itself.
7. Your fingers are _____ (sensitive) your shoulders.
8. He is feeling _____ (sleepy) now and the pain is decreasing.
9. I can't ignore the pain any more –it's just getting _____ (bad).
10. These pills are much _____ (effective) than those.

Exercise 10. Translate these proverbs into Russian.

1. Better late than never.
-

2. It is easier sad than done.

3. Two heads are better than one.

4. The grass is always greener on the other side.

5. A good friend is my nearest relation.

Exercise 11. Translate into English.

1. Сегодня я чувствую себя лучше.

2. Пациент пожаловался на более сильную боль.

3. Дорогие таблетки более эффективные, чем дешёвые.

4. Это самый лучший хирург в нашей больнице.

5. Ему помогло только самое сильное обезболивающее.

Exercise 12. Describe your friend's appearance using the appropriate adjectives.

Hair – auburn, black, brown, red, dark, fair, grey, long, short, shoulder-length, waist-length, straight, wavy, curly, bald.

Face – oval, round.

Nose – straight, upturned, snub, aquiline, fleshy, flat.

Lips – thin, compressed, thick.

Eyes – slanted, narrow, bulging, close -/ deep-/ wide-set, brown, green, dark, blue, grey.

Chin – dimpled, flat, pointed, square, protruded.

Forehead – high, low, narrow, broad.

Skin – cream-white, sunburnt / tanned, elastic, sluggish.

Hands – soft, tender, delicate, calloused, puffy, hairy, strong.

Legs – plump, slender, short, long, shapely.

Shoulders – narrow-shouldered, broad-shouldered, round-shouldered.

Appearance – beautiful, good-looking, pretty, pleasant-looking, elegant, handsome, smart.

Exercise 13. Test your knowledge of hygiene by doing this quiz.

1. What is MRSA?

- a) a virus
- b) a bacterium
- c) an antibiotic

2. How do you catch MRSA?

- a) by eating from dirty plates
- b) from poor hospital hygiene
- c) by drinking bad water

3. Which of these things has nothing to do with bacteria?

- a) wine making
- b) yoghurt
- c) the common cold
- d) bad smells

4. In an operating theatre, which of these things breaks hygiene rules?

- a) wearing your mask over your nose
- b) wearing your hair loose
- c) wearing make-up

5. Which of these things is most important in stopping the spread of MRSA?

- a) hospital staff should wash their hands between patients
- b) cleaners should disinfect door handles
- c) visitors should wear masks

6. Where do staphylococcus bacteria live?

- a) in noses

b) in soil

c) in toilets

7. How long should you wash your hands in hot water to be sure they are clean? a)

fifteen seconds

b) half a minute

c) one minute

Exercise 14. What are the main rules of hygiene? Write down some important rules which you must follow every day.

Exercise 15. Translate into Russian.

Toothpaste, toothbrush, cream, soap, shampoo, body lotion, eau-de-Cologne, deodorant, napkin.

Exercise 16. Complete the sentences with the words below.

contamination, antimicrobial agent, pathogens, swab, disinfectant, susceptible, resistant, spotless

1. An _____ will kill microorganisms.
2. Use a sterile _____ to get a sample from the back of the throat.
3. Our bodies have ways to kill _____ such as viruses and bacteria.
4. The old, the young, and the very ill are most _____ to hospital infection.
5. Staphylococcus is _____ to most antibiotics.
6. There is a risk of _____ from urine and blood.
7. Wash floors and door handles with _____ .
8. A home doesn't have to be _____ , but it does have to be clean.

Exercise 17. Translate into Russian.

1. Call a doctor, please.

2. Order this ointment in the chemist's.

3. Shake this mixture before use.

4. Give an intravenous injection to this patient.

5. Insert a thermometer to a patient.

Exercise 18. Complete the sentences with the words below.

finish, buy, wash, air, drink

1. Don't _____ this tea, it's very hot.

2. Let's _____ the room.

3. Let them _____ the exercise, it's important.

4. _____ your hands, you're going to have a sandwich.

5. Let's _____ these expensive drugs for heartache.

Exercise 19. Rewrite the following questions as requests.

Example: Can you open the window? Open the window, please.

1. Can you take the dog to the vet? _____

2. Can they go for a walk now? _____

3. Can you help me now? _____

4. Can we stay here longer? _____

5. Can he write this report? _____

Exercise 20. Translate into Russian.

Duodenum, appendix, small intestine, rectum, kidney, urinary bladder, uterus, salivary gland, thyroid gland, gut, pancreas, gall bladder, liver, stomach, oesophagus, pharynx, tongue, lungs, heart, spleen.

Exercise 21. Translate into English.

1. У него здоровое / больное / доброе сердце.

2. В лёгких патологии не обнаружено.

3. У ребёнка расстройство желудка.

4. Причины заболевания почек могут быть разными.

5. Операция на щитовидной железе прошла успешно.

6. Главные органы груди – сердце, лёгкие и пищевод.

7. Главные органы брюшной полости - желудок, кишечник, печень, желчный пузырь, почки, мочевой пузырь.

Exercise 22. Guess this riddle.

If you break me

I do not stop working,

If you touch me

I may be snared,

If you lose me

Nothing will matter.

Exercise 23. Read and translate this fitness program for a healthy heart.

1. Strengthen your heart and cardiovascular system.

2.

Improve your circulation and help your body use oxygen better.

3.

Improve your heart failure symptoms.

4. Increase energy levels so you can do more activities without becoming tired or short of breath.

5. Increase endurance.

6.

Lower blood pressure.

7.

Improve muscle tone and strength.

8. Improve balance and joint flexibility.

9.

Strengthen bones.

10.

Help reduce body fat and help you reach a healthy weight.

11. Help reduce stress, tension, anxiety and depression.

_____ 12.

Boost self-image and self-esteem.

_____ 13.

Improve sleep.

_____ 14.

Make you feel more relaxed and rested.

15. Make you look fit and feel healthy.

Exercise 24. Complete this text with the words below.

pump, leaves, valve, enters, artery, flows, atrium, fills, aorta, opens, closing, beat

The heart is a muscle as big as your fist in the centre of your chest. It is an efficient _____ that can get blood to the furthest cell in your body within sixty seconds. On its circular journey around the body, blood _____ the heart twice-once with oxygen and once without oxygen. Blood without oxygen comes into the right side of the heart. It _____ the right atrium. Then the tricuspid valve _____ and the blood goes into the right ventricle. Then the pulmonary _____ opens and the blood _____ through the pulmonary _____. Blood carrying oxygen comes into the left side of the heart. The left _____ fills, the mitral valve opens and the blood _____ into the left ventricle. The aortic valve opens and the blood leaves through the _____. When you listen to a heart _____ you hear “lub dub, lub dub”. This is the sound of the valves _____.

Exercise 25. Translate into English.

Человеческое сердце, сокращаться, артерия, 72 удара в минуту, сердечный цикл, эритроциты, лейкоциты, тромбоциты, систола предсердия, систола желудочка, диастола, врождённый порок сердца, кислород.

Exercise 26. Complete the text using the words below. slide, drop, microscope, syringe, vein, test tube, pipette

Use a _____ to take some blood from a _____ in the patient's arm. Put the blood into a _____. Then, use a _____ to put a _____ of the blood onto a _____. Examine it under a _____. What do you see?

Exercise 27. Test your medical IQ.

1. If you have a heart attack, you also have heart disease.
 - a) true
 - b) false

2. What is meant by the term myocardial infarction?
 - a) heart failure
 - b) heart attack
 - c) brain aneurism
 - d) all of the above

3. Sudden cardiac arrest means that the heart...
 - a) stops beating
 - b) beats dangerously slow
 - c) has a cycle of beating and stopping
 - d) skips beats

4. Symptoms of heart disease can include...
 - a) dizziness, weakness, arm pain, pressure in the chest
 - b) heart palpitations, shortness of breath, weakness
 - c) no symptoms at all
 - d) all of the above

5. Risks for heart disease include...
 - a) high blood pressure and high cholesterol
 - b) smoking
 - c) lack of exercise
 - d) all of the above

6. In the heart a clogged artery causes a heart attack. In the brain it causes a ...
 - a) migraine
 - b) mental illness

- c) stroke
- d) seizure

7. The term “heart failure” means the heart has stopped working. a)

true

b) false

8. People can be born with heart disease.

a) true

b) false

9. The medical term for chest pain is...

a) angina

b) there is no medical term for chest pain

c) flutter

d) arrhythmia

10. When heart trouble is sensed, who waits at least two hours before help is called. a)

men

b) women

c) both men and women

d) children

Exercise 28. Read and translate these terms. Compare these words with Latin ones.

Parietal, frontal, temporal, occipital, skull, cervical, vertebra, clavicle, scapula, rib, thorax, dorsal, spine, dorsal, spine, lumbar, pelvis, sacrum, coccyx, humeral, ulna, radius, phalanges, femur, fibula, tibia.

Exercise 29. Complete this text with the words below.

skeleton, trunk, coccyx, skull, clavicle, bones, ribs, tibia, ulna

The skeleton is the bony framework of the body. It consists of 208 _____ of various size and shapes. The _____ gives support to soft tissues. It protects delicate structures such as the brain, the heart and the lungs. The joints, cartilages and ligaments between the bones determine the degree and the quality of the motion. The bones forming the skeleton are divided into the bones of the head, the bones of the _____, and the bones of the upper and lower extremities.

26 bones of the head form the _____ which protects the brain. The bones of the trunk are the spinal column (spine) and the thorax. The thorax includes 12 pairs of _____ and the breastbone. In the spine there are 7 cervical, 12 thoracic, 5 lumbar, 5 sacral vertebrae and the _____.

The arms join the body at the shoulder. The shoulder is formed of two bones – the collar-bone (_____) in front and the shoulder-blade (scapula) behind. The bones of the upper extremity are humerus, _____ and radius. The bones of the lower extremity are femur, _____ and fibula.

Exercise 30. Translate into English.

1. Трепанация черепа была проведена успешно.

2. Позвоночник пациента не пострадал.

3. Рентген грудной клетки был сделан немедленно.

4. Этот пациент пожаловался на боль в бедре.

5. Ключица была сломана.

Список использованной литературы

Интернет – ресурсы:

1. ЭБС «Университетская библиотека online».

Эталоны ответов

PART 1. ABOUT MYSELF, MY COLLEGE

Exercise 1. Give the plural forms of the following nouns:

bed-beds	student-students
wound-wounds	match-matches
body-bodies	ward-wards
day-days	shoulder-shoulders
doctor-doctors	operation-operations

Exercise 2. Read and translate the nouns in plural.

Women, children, knives, pages, teeth, advice, magazines, heroes, men, goods, contents, riches, wages, geese, mice, oxen, feet, leaves, wolves, wives.

Women - женщины, children - дети, knives - ножи, pages - страницы, teeth - зубы, advice - советы, magazines - журналы, heroes - герои, men - мужчины, goods - товары, contents - содержание, riches - богатства, wages - зарплата, geese - гуси, mice - мыши, oxen - быки, feet - ступни, leaves - листья, wolves - волки, wives - жёны.

Exercise 3. Give the singular form.

women – a woman	sheep – a sheep
feet – a foot	shorts – a pair of shorts
children – a child	plays – a play
women – a woman	books – a book
knives – a knife	

Exercise 4. Give the plural form:

criterion –criteria	analysis –analyses
datum –data	hypothesis –hypotheses
formula –formulas / formulae	diagnosis – diagnoses
crisis –crises	bacterium -bacteria
curriculum –curriculums / curricula	genius – geniuses / genii
stimulus –stimuli	fungus –fungi
phenomenon –phenomena	neurosis -neuroses
medium –media nucleus –nuclei	basis –bases

Exercise 5. Use the possessive case.

the assistant of the director – the director’s assistant the last letter of my mother-in-law – my mother-in-law’s last letter a semester of eight weeks – an eight weeks’ semester an interval of ten minutes – a ten minutes’ interval a distance of five miles - a five miles’ distance the population of England - England’s population the rooms of the daughter and the son - the daughter’s and the son’s rooms the new house of the Parkers - the Parkers’ new house icy mountains of Greenland - Greenland’s icy mountains the cottage of my parents – my parents’ cottage the influence of the sun - the sun’s influence the joys and grieves of life - life’s joys and grieves the policy of the company - the company’s policy a play of three acts - a three acts’ play the children of my aunt Ann - my aunt Ann’s children the paintings by Picasso and Dali - Picasso’s and Dali’s paintings

Exercise 6. Use the possessive case.

1. The book of this writer is interesting.

This writer’s book is interesting.

2. The foot of my son is big.

My son’s foot is big.

3. The uncle of Tom is a doctor.

Tom’s uncle is a doctor.

4. These are the notebooks of his students.

These are his students’ notebooks.

5. The article of the researchers made a sensation.

The researchers’ article made a sensation.

Exercise 7. Translate into English.

1. Вчера я встретила друга в аптеке.

Yesterday I met a friend at the chemist’s.

2. Это словарь Ричарда и Артура.

This is Richard and Arthur’s dictionary.

3. Дочь моего брата – медсестра.

My brother’s daughter is a nurse.

4. Мать моего друга - терапевт.

My friend’s mother is a physician (therapist).

5. Это кабинет врача.

This is the doctor’s office / surgery.

6. Это мать Мэри и Джона.

This is Mary and John’s mother.

Exercise 8. Translate into Russian.

Britain's medicine. A day's work. My friend's hat. The sister's letter. The world's first spaceman. The children's hands. An hour's walk. The women's magazines. The Parliament's session. A week's rest.

Медицина Британии. Работа на один день. Шляпа моего друга. Письмо сестры. Первый в мире космонавт. Руки детей. Работа на час. Журналы женщин. Сессия парламента. Недельный отдых.

Exercise 9. Insert the articles.

1. The Volga is the longest river in the European part of ... Russia. 2. I'd like to go on an excursion to the Crimea. 3. There is a stadium not far from our ... house. 4. My brother is a pupil of the 8th form and he wants to become a doctor. 5. ... chemistry is his favourite subject at ... school. 6. ... children like ... ice-cream. 7. Can you tell me the way to hospital? 8. My friend is a first – year student of the Medical College. 9. I never eat ... chocolate. 10. Kate works as a nurse.

Exercise 10. Translate into English.

1. Экзамен по анатомии продолжался час, и задания были трудные.

The examination in Anatomy lasted for an hour and the assignments were difficult.

2. Мы опоздали на автобус и не поехали на экскурсию.

We missed our bus and didn't go on the excursion.

3. Катя – вегетарианка. Она не ест мяса.

Kate is a vegetarian. She doesn't eat meat.

4. Ешь морковь. В овощах много витаминов.

Eat carrots. Vegetables are rich in vitamins.

5. Сеченов – выдающийся русский учёный.

Sechenov is an outstanding Russian scientist.

Exercise 11. Find and correct mistakes.

1. Sveta is a best student in the our medical college.

Sveta is a best student in **the** medical college. Sveta is a best student in **our** medical college.

2. My best friend works as the surgeon.

My best friend works as **a** surgeon.

3. A my boyfriend likes the chocolate and ice-cream. My boyfriend likes chocolate and ice-cream.

4. There is the new hospital in my town. There is **a** new hospital in my town.

5. Thames flows through the London.

The Thames flows through London.

Exercise 12. Answer the questions.

1. What is your name (first name, surname)?

My name is Anna Popova.

2. How old are you? I am seventeen.

3. Where are you from? I am from Tyumen.

4. Where do you study?

I study at the medical college.

5. What is your future profession?

My future profession is a nurse. (I am studying to be a nurse.) 6.

What are your favourite subjects?

My favourite subjects are Anatomy and Latin.

7. Where do you want to work? I want to work in a hospital.

8. What are your hobbies?

My hobbies are travelling and dancing.

Exercise 13. Make up the resume.

PERSONAL INFORMATION

Name: Natalia Petrova

Home address: 81 / 12, Popova Street, Tyumen, Russia 625025

Telephone number: 97854632

Date of Birth: October 21, 1996

Marital Status: single

OBJECTIVE

Obtain employment in the field of medicine that will allow me to use my ability to work with people and take advantage of my knowledge of English.

EDUCATION

Tyumen Medical College graduate, July, 2017

Nursery Affair Department

WORKEXPERIENCE

Nurse at Tyumen Regional Hospital N 2 (2017-2018, full-time)

Duties:

Filling in a case history of the patient; giving nursing care to the patient: washing, dressing, feeding the patient; taking the patient's temperature, blood pressure; giving the patient first aid and medical treatment; giving medicines, injections and infusions to the patient; carrying out the doctor's administrations

LANGUAGES

English - fluent, German- intermediate

OTHER SKILLS

Computer literate – Microsoft Office suite

Driving license – category B

HOBBIES & ACTIVITIES

Travelling, skiing, volleyball

REFERENCES

References available upon request.

Exercise 14. Answer the questions.

1. What is your first name? What is your surname?

My first name is Anna. My surname is Popova.

2. How old are you? I am seventeen.

3. When is your birthday?

My birthday is (on) the fifth of December.

4. Is your family large? How many are you in the family?

My family is not large. We are four.

5. Have you got any brothers or sisters? I have a brother. I haven't got a sister.

6. What are your parents? Where do they work?

My mother is a teacher. She works in a school. My father is a car mechanic. He works in a garage.

7. How long have your parents been married?

My parents have been married for twenty years.

8. Do they have much in common?

They have much in common. They share a common interest in gardening. They both like travelling.

9. Do you spend a lot of time with your family?

Yes, I do. I spend most evenings with my family.

10. What sort of things do you do together? We like to do crosswords together.

11. Do you go out with your parents?

Yes, I do. We enjoy going to concerts.

12. Who runs the house in your family?

Mother looks after the house. Father does technical things around the house.

13. What are your household duties?

My household duty is to clean the house.

14. What are your parent's hobbies?

My parents' hobbies are gardening and travelling.

15. Can you describe your mother?

She is of medium height and build. She has fair hair and blue eyes.

16. Can you describe your father?

He is tall and thin. He has dark hair and brown eyes.

17. Do you have pets in your house?

Yes, we have a cat

Exercise 15. Find misfit.

Family: niece, nephew, aunt, uncle, cousin, son, sibling, brother, sister, neighbour, twin, stepfather, stepmother, foster daughter, foster son, father, mother, half- sister, daughter-in-law, son-in-law.

Family: niece, nephew, aunt, uncle, cousin, son, sibling, brother, sister, neighbour, twin, stepfather, stepmother, foster daughter, foster son, father, mother, half- sister, daughter-in-law, son-in-law.

Exercise 16. Choose the correct answer.

1. She is the daughter of my mother. She is my...

a) aunt

c) grandmother

b) sister

d) cousin

2. He is the father of my father. He is my...

- a) grandfather c) uncle b) grandson d) cousin

3. He is the father of my brother. He is my...

- a) uncle c) father b) son d) grandfather

4. He is the son of my uncle. He is my...

- a) cousin c) grandfather b) father d) brother

5. She is the sister of my mother. She is my...

- a) grandmother c) aunt b) daughter d) cousin

6. He is the son of my brother. He is my...

- a) cousin c) uncle b) nephew d) father

7. He is the brother of my mother. He is my...

- a) nephew c) uncle b) son d) cousin

8. He is the husband of my aunt. He is my...

- a) uncle c) cousin b) father d) brother

9. She is the mother of my mother. She is my...

- a) aunt c) daughter b) niece d) grandmother

10. She is the daughter of my sister. She is my...

- a) niece c) mother b) aunt d) cousin

11. She is the wife of my uncle. She is my...

- a) mother c) aunt b) daughter d) niece

12. She is the daughter of my aunt. She is my...

- a) cousin c) mother b) niece d) grandmother

Exercise 17. Choose the correct answer.

1. Kate and Lena ___ my patients.

- a) am b) are c) is

2. Gauze ___ on the table.

- a) am b) is c) are

3. I ___ a therapist.

- a) am b) is c) are

4. He ___ a charge nurse.

- a) am b) is c) are

5. You ___ my best friend.

a) am b) is c) are

6. Hey, Mark! We ___ here.

a) am b) is c) are

7. They ___ in the same ward.

a) am b) is c) are

8. Mr and Mrs Baker ___ going to visit their distant relative in hospital.

a) am b) is c) are

9. She ___ a good doctor.

a) am b) is c) are

10. My cousin ___ midwife.

a) am b) is c) are

11. The operation ___ successful.

a) was b) were

12. Pain ___ acute.

a) was b) were

13. Drugs ___ expensive.

a) was b) were

14. The hearts ___ beating in unison.

a) was b) were

15. The infection ___ not dangerous.

a) was b) were

16. His bones ___ broken.

a) was b) were

17. Antibiotics ___ necessary for him.

a) was b) were

18. My throat ___ dry.

a) was b) were

19. Our blood tests ___ good.

a) was b) were

20. Her diet ___ light.

a) was b) were

Exercise 18. Transform the sentences into the Future Indefinite Tense.

Model: My parents are in Moscow now. (in summer) My parents will be in Moscow in summer.

1. My friend is a doctor. (in 5 years) My friend will be a doctor in 5 years.
2. They are in London. (during winter vacations)
They will be in London during winter vacations.
3. On Monday our first lesson is English. (next Monday) Next Monday our first lesson will be English. 4. The lesson is over. (in 5 minutes) The lesson will be over in 5 minutes.
5. The book is translated into English. (soon) The book will be translated into English soon.

Exercise 19. Make the sentences interrogative.

Model: The students are at the Anatomy lesson now.
Are the students at the Anatomy lesson now?

1. My father is a pharmacist.
Is your father a pharmacist?
2. This operation was made by a group of our best surgeons.
Was this operation made by a group of our best surgeons?
3. Our students were in London last year.
Were our students in London last year?
4. We will be in Moscow in summer.
Will you be in Moscow in summer?
5. The report was interesting.
Was the report interesting?

Exercise 20. Translate the sentences into Russian.

1. I have much work to do.
У меня много работы.
2. We have got many books on this question.
У нас есть много книг по этому вопросу.
3. She had a meeting yesterday.
У неё было собрание вчера.
4. The students will have a lecture in pharmacology tomorrow.
У студентов будет лекция по фармакологии завтра.

5. They usually have their dinner in the canteen.

Обычно они обедают в столовой.

Exercise 21. Transform the sentences into the past.

Model: We have an English lesson today. (yesterday) We had an English lesson yesterday.

1. She has a lot of free time. (last week) She had a lot of free time last week.

2. We have a dictation in Russian today. (two days ago) We had a dictation in Russian two days ago.

3. He has a headache. (yesterday) He had a headache yesterday.

4. They have to start this experiment now. (several weeks ago) They had to start this experiment several weeks ago.

5. The students of our group have a scientific conference today. (last week) The students of our group had a scientific conference last week.

Exercise 22. Transform the sentences into the Future.

Model: The students have a lecture in stomatology. (tomorrow) The students will have a lecture in stomatology tomorrow.

1. We have a good rest every Sunday. (next Sunday) We shall have a good rest next Sunday.

2. I have just finished my work. (by 5 o'clock) I will have finished my work by 5 o'clock.

3. They have plenty of fruit in their garden. (in autumn) They will have plenty of fruit in their garden in autumn.

4. She has to do this research today. (in a day) She will have to do this research in a day.

5. The teacher has to explain this grammar rule again. (at the next lesson) The teacher will have to explain this grammar rule again at the next lesson.

Exercise 23. Choose the correct answer.

1. The doctor stayed at his hospital very late because he _____ a lot of work.

a) has b) have c) will have d) had

2. I _____ not seen you for ages.

a) has b) have c) will have d) had

3. My friend _____ an increased temperature.

a) has b) have _____ c) will d) had
have

4. She _____ a pneumonia last year.

a) has b) have c) will have d) had

5. He _____ an appointment with the doctor tomorrow.

a) has b) have _____ c) will have d) had

Exercise 24. Translate into Russian. Find the pronouns.

1. May I take you by the arm?

May I take **you** by the arm? Можно взять Вас под руку?

2. His hearing is weak.

His hearing is weak. Он плохо слышит.

3. Last week my elder brother fell ill with bad cold.

Last week **my** elder brother fell ill with bad cold.

На прошлой неделе у моего старшего брата началось сильное простудное заболевание.

4. Her brother had to give up smoking due to chronic bronchitis? **Her** brother had to give up smoking due to chronic bronchitis?

Её брату пришлось бросить курить из-за хронического бронхита.

5. Her child is two years old.

Her child is two years old. Её ребёнку два года.

Exercise 25. Choose the necessary pronoun.

1. Here are (some, any) tablets for you.

Here are **some** tablets for you.

2. How (many, much) time does it take you to get to the nearest hospital? How **much** time does it take you to get to the nearest hospital?

3. (Nobody, anybody) knows that doctor.

Nobody knows that doctor.

4. He has (little, few) knowledge about it.

He has **little** knowledge about it.

5. You shouldn't lift (anything, something) heavy.

You shouldn't lift **anything** heavy.

Exercise 26. Open the brackets.

1. Give (they) notebooks.

Give **them** notebooks.

2. Let (I) know if anything happens.

Let **me** know if anything happens.

3. She lives in Omsk with (she) family. She lives in Omsk with **her** family.

4. This ward nurse is a friend of (I).

This ward nurse is a friend of **mine**.

5. (We) plant is very large.

Our plant is very large.

Exercise 27. Fill in the blanks. Use the pronouns or their derivatives. a)

some, any, no, every

1. You must ask _____ to help you in this work.
2. If I have _____ free time, I shall go _____ tonight.
3. Did you hear _____ about our plan?
4. Did you say _____? – No, I said _____.
5. I have _____ to tell him.
6. I need _____ apples for this recipe.
7. I know _____ French.
8. The buses go _____ 10 minutes.
9. Have _____ more vegetables.
10. I don't want _____ more vegetables.
11. May I have _____ more ice-cream?
12. Would you like _____ milk in your coffee?
13. Are there _____ cherries left? - No, there aren't _____. There are _____ cherries, but there are _____ apricots.
14. He has _____ third day off.
15. Money isn't _____.
16. She'll stop at _____ to make money.
17. One in _____ three marriages ends in divorce.
18. There is _____ place like home.

1. You must ask somebody to help you in this work.
2. If I have some free time, I shall go somewhere tonight.
3. Did you hear anything about our plan?
4. Did you say something? – No, I said nothing.
5. I have something / nothing to tell him.
6. I need some apples for this recipe.
7. I know some French.
8. The buses go every 10 minutes.

Exercise 29. Match the corresponding numerals.

1. 567	a. Eleven million
2. 9 th	b. The ninth
3. 1943	c. The twentieth
4. 0.36	d. Eighteen o (and) five
5. 11,000,000	e. Five hundred and sixty-seven
6. October 12	f. One seventh
7. 1805	g. Nineteen forty-three
8. 1/7	h. October the twelfth
9. xx	i. Two point eighteen
10.2.18	j. Point thirty-six

1. 567	e. Five hundred and sixty-seven
2. 9 th	b. The ninth
3. 1943	g. Nineteen forty-three
4. 0.36	j. Point thirty-six
5. 11,000,000	a. Eleven million
6. October 12	h. October the twelfth
7. 1805	d. Eighteen o (and) five
8. 1/7	f. One seventh
9. xx	c. The twentieth
10.2.18	i. Two point eighteen

Exercise 30. Say it in words.

2; 18; 80; 100; 90; 14; 5; 99; 19; 705; 3,679; 21st; 1992; 1.015; 16th; 60; 1876; January 5; 4 ½. two, eighteen, eighty, a hundred, ninety, fourteen, five, ninety-nine, nineteen, seven hundred and five, three thousand six hundred and seventy-nine, twenty-first, nineteen ninety-two, one point nought one five, sixteenth, sixty, eighteen seventy-six, January the fifth, four and a half.

Exercise 31. Make the numerals ordinal.

25; 100; 21; 5; 12; 13; 20; 346; 31. twenty-fifth; a hundredth; twenty-first; fifth; twelfth; thirteenth; twentieth; three hundred and fortysixth; thirty-first.

Exercise 32. Translate into English.

- 1) 5 процентов
five per cent

2) 22 сентября
1959 года

the twenty-second of September nineteen fifty-nine

3) 43-й президент
the forty-third
President

4) одна треть а /
one third

5) одна четверть а
/ one quarter б)
две трети two
thirds 7) три
четверти

Three quarters

8) четыре и одна восьмая four and one eighth

9) две пятых

Two fifth

10) шесть целых тридцать пять сотых

Six point three five

11) ноль целых четыреста пятьдесят четыре тысячных

(nought) point four five four

12) триста восемьдесят пять целых двести три тысячных three hundred and eighty five point two
nought three

Exercise 33. Write the following dates in English.

4.05.1997; 29.04.1982; 17.12.1573; 15.06.1656; 30.01.2002; 14.09.1849; 9.02.2000; 31.03.1727.

The fourth of May nineteen ninety-seven; the twenty-ninth of April nineteen eighty-two; the seventeenth of December fifteen seventy-three; the fifteenth of June sixteen fifty-sixth; the thirtieth of January two thousand and two; the fourteenth of September eighteen forty-nine; the ninth of February two thousand; the thirty-first of March seventeen twenty- seven.

Exercise 34. Reorder the words to write sentences.

1. are / my / doctors / parents My parents
are doctors.

2. must / patient / a / carefully / doctor /
examine / a A doctor must examine a patient
carefully.

3. works / nurse / as / a / sister / my My
sister works as a nurse.

4. operations / eyes / surgeon / delicate /
the / performs / the / on The surgeon performs
delicate operations on the eyes.

5. to / the / she / go / decided / hospital /
to She decided to go to the hospital.
6. of / bad / boy / headache / complained /
a / the The boy complained of a bad headache.
7. twice / temperature / day / she / the / a /
takes She takes the temperature twice a day.
8. you / injection / I / an / give / will I will
give you an injection.
9. stay / patient / bed / the / must / in The
patient must stay in bed.
10. treat / by / they / diet / many / diseases
They treat many diseases by diet.

Exercise 35. Find and correct the sentence with the error.

1. The main symptoms of tonsillitis are fever, cough and sore throat.
2. Nurses can specialize in many different fields.
3. A paediatrician treats children.
4. Vitamins a very important role play in human health.
5. A good dentist can extract teeth painlessly.

4. Vitamins **play** a very important role in human health.

Exercise 36. Translate into English

Биология, английский язык, химия, анатомия, фармакология, терапия, хирургия, глазные болезни, зубные болезни, педиатрия, акушерство, гинекология, инфекционные болезни, история медицины, кожные болезни, сестринское дело, патология, кардиология.

Biology, the English language, chemistry, anatomy, pharmacology, therapy, surgery, the diseases of the eye, the diseases of the teeth, paediatrics, obstetrics, gynaecology, infectious diseases, the history of medicine, skin diseases, nursing affair, pathology, cardiology.

Exercise 37. Guess the word.

1. The scientific study of the body and how its parts are arranged.

Anatomy

2. The study of medicines and drugs, including their action, their use and their effects on the body.

Pharmacology

3. The area of medicine which deals with pregnancy and the birth of babies. Obstetrics

4. The treatment of injuries or diseases in people or animals by cutting open the body and removing or repairing the damaged part.

Surgery

5. The science or study of medical care for children.

Paediatrics

Exercise 38. Answer the questions.

1. Where do you study?

I study at a medical college.

2. How many departments are there in your college? There are five departments in our college.

3. What kind of qualification does the “Nursing Affair” department give?

The “Nursing Affair” department gives a nursing qualification / a qualification in nursing.

4. What kind of qualification does the “Curative Affair” department give?

The “Curative Affair” department gives a doctor’s assistant’s qualification.

5. What department do you study in?

I study in the “Nursing Affair” department.

7. What is your future profession?

My future profession is a nurse.

8. Why did you choose this profession?

I decided to become a nurse because I want to help people who have problems with health. I think nursing is a very noble profession. Nurses help doctors to save people’s lives. Besides, being able to give first aid may come in useful in my home life. I think I have the right qualities for the job. I am not squeamish and I don’t faint at the sight of blood. I am good at biology and chemistry.

I decided to become a doctor’s assistant because I want to help people who have problems with health. I think medicine is a very noble profession. Doctor’s assistants save people’s lives. Besides, being able to give first aid and make a diagnosis may come in useful in my home life.

I think I have the right qualities for the job. I am not squeamish and I don’t faint at the sight of blood. I am good at biology and chemistry.

I decided to become a dental technician because it is a noble and very important specialty. A dental technician’s work helps dental patients who have lost or damaged their teeth through injury, poor dental health or deterioration due to age. As a result of a dental technician’s work, patients are better able to eat and talk, while their appearance may be improved. Besides, I have the qualities necessary to be a good dental technician. I am patient and skillful at making things with my hands.

9. Where do you want to work?

I want to work in an out-patient clinic / hospital / dental laboratory.

10. What are the main professional duties of a nurse (midwife / doctor’s assistant / dental technician / dental hygienist / pharmacist / laboratory technician)?

A midwife’s job is to provide medical and medical-social care for the woman, the newborn baby and their family during physiological or pathological pregnancy, delivery and the postnatal period; to provide medical aid to pregnant women with diseases, poisonings or traumas; to provide medical aid to women of all ages suffering from gynecological diseases. Midwives also solve problems of the clients by means of nursing care.

Dental technicians make and repair dentures, crowns, bridges and dental braces in response to requests by dentists.

11. What traits must a good nurse (midwife / doctor's assistant / dental technician / dental hygienist / pharmacist / laboratory technician) have?

A good nurse (midwife / doctor's assistant / dental technician / dental hygienist / pharmacist / laboratory technician) must be intelligent, hard-working, caring, responsible and optimistic.

12. What difficulties of medical profession can you name?

Members of medical staff have to work long, irregular hours. Their job is stressful because they feel a strong sense of responsibility.

Exercise 39. Write in English.

Сестринское дело, Лечебное дело, Акушерское дело, Медико-профилактическое дело, Стоматология, Ортопедическая стоматология, Фармация.

Nursing Affair, Curative Affair, Obstetrician Affair / Midwifery, Medical and Preventive Care, Stomatology, Dentistry, Prosthetic Dentistry, Pharmacy.

Exercise 40. Translate into Russian.

Florence Nightingale (1820-1910) was the founder of modern nursing. She dramatically improved conditions for soldiers in field hospitals, and educated people about the importance of hygiene. She saved thousands of lives and became very famous. She later started her own training college for nurses, and wrote many books on nursing.

Флоренс Найтингейл (1820-1910) была основателем современного сестринского дела. Она резко улучшила условия жизни для солдат в полевых госпиталях, и убеждала людей в важности гигиены. Она спасла тысячи жизней и стала очень известной. Позже она основала свой собственный колледж для подготовки медсестёр, и написала много книг по уходу за больными.

Exercise 41. Translate the "Nightingale Pledge" into Russian.

I solemnly pledge myself before God and in the presence of this assembly, to pass my life in purity and to practice my profession faithfully. I will abstain from whatever is deleterious and mischievous, and will not take or knowingly administer any harmful drug. I will do all in my power to maintain and elevate the standard of my profession, and will hold in confidence all personal matters committed to my keeping and all family affairs coming to my knowledge in the practice of my calling. With loyalty will I endeavor to aid the physician, in his work, and devote myself to the welfare of those committed to my care.

Я торжественно обещаю перед Богом и в присутствии этого собрания, проводить мою жизнь в чистоте и заниматься моей профессией преданно. Я буду воздерживаться от того, что вредно и пагубно, и не буду принимать или сознательно предлагать клиенту вредное лекарство. Я сделаю всё, что в моей власти, чтобы поддержать и поднять стандарт моей профессии, и буду держать в секрете всю доверенную мне информацию о личных делах клиентов и полученную мной в процессе работы информацию об их семейных делах. С преданностью я буду помогать врачу в его работе, и посвящать свою жизнь благополучию клиентов, порученных моей заботе.

PART 2. BODY PARTS AND INTERNAL ANATOMY. HYGIENE

Exercise 1. Match these words.

big	hair
little	ears
long	nose
short	eyes
fair	cheeks
dark	neck
blue	lips
red	legs
round	eyebrows
oval	chin
pale	face
sharp	head
	hands
	feet

a big head, a big nose, big eyes, big feet, little ears, little eyes, little hands, little feet, a long nose, a long neck, long hair, long eyebrows, long legs, a long face, short hair, a short neck, short legs, fair hair, dark hair, a dark face, blue eyes, a red nose, red cheeks, a red face, red eyes, red lips, red hair, a round face, a round head, round cheeks, a round chin, an oval face, a pale face, pale cheeks, a sharp chin

Exercise 2. Complete these sentences

You see with your eyes.

You hear with your ears.

You bite with your teeth.

You hold with your hands.

You smell with your nose.

You eat with your mouth.

You walk with your legs.

You stand on your feet.

You kneel on your knees.

You carry a backpack on your back.

Exercise 3. Answer the questions.

1. What colour is your hair?

My hair is fair.

2. What colour are your eyes? My eyes are blue.

3. Is your hair long or short?

My hair is long.

4. Is your face round or oval?

My face is round.

5. Are your cheeks rosy or pale?

My cheeks are pale.

Exercise 4. Divide these words into two groups.

back, chin, cheeks, ears, eyes, forehead, hair, head, hands, lips, legs, neck, nose, stomach, trunk, extremities, gums, palate, abdomen, upper arm, forearm, skull, chest.

Body: _____

Head: _____

Body: back, head, hair, ears, hands, legs, neck, stomach, trunk, extremities, abdomen, upper arm, forearm, chest

Head: chin, cheeks, eyes, forehead, lips, nose, gums, palate, skull

Exercise 5. Translate these words into English.

Тело, голова, шея, лоб, лицо, щека, подбородок, волосы, челюсть, глаз, бровь, веко, ресница, нос, ноздри, рот, зуб (зубы), плечо, грудь, грудь (молочная железа), спина, поясница, рука, кисть (руки), запястье, нога, стопа (стопы), бедро, голень, палец (руки), палец (ноги), ягодица, колено, икра, лодыжка.

body, head, neck, forehead, face, cheek, chin, hair, jaw, eye, eyebrow, eyelid, eyelash, nose, nostrils, mouth, tooth (teeth), shoulder, chest, breast, back, small of the back, arm, hand, wrist, leg, foot (feet), thigh, shank (shin), finger, toe, buttock, knee, calf, ankle.

Exercise 6. Complete this text with appropriate words.

The principal parts of the human body are the head, the trunk, and the extremities. We have upper extremities (arms) and of the lower extremities (legs).

The head consists of two parts: the skull and the face. The skull contains the brain and the face consists of the _____, the _____, the _____, the _____, the _____, the _____, and the _____.

The mouth has two lips. In the mouth cavity there are gums, _____, a tongue and a palate. The head is connected with the trunk by the _____. The upper part of the trunk is the _____ and the lower part is the abdomen.

The upper extremity is connected with the chest by the _____. The upper extremity consists of the _____, the elbow, the _____, the wrist and the _____. We have four _____ and a thumb on each hand. The lower extremity consists of the _____, the _____, the _____, the _____ and the _____. The skin covers the body.

Exercise 7. Write the comparative and superlative forms of these adjectives.

hard-harder-the hardest	sensitive
-------------------------	-----------

fast	sleepy
weak	strong
painful	effective
frightening	bad

1. hard-harder-the hardest
2. fast – faster – the fastest
3. weak – weaker – the weakest
4. painful - more painful – the most painful
5. frightening – more frightening - the most frightening
6. sensitive - more sensitive – the most sensitive
7. sleepy – sleepier – the sleepiest
8. strong – stronger – the strongest
9. effective - more effective – the most effective
10. bad – worse – the worst

Exercise 8. Read each sentence. If it is correct, write a tick. If there is a mistake, correct it.

1. The most worst pain many women experience is in childbirth. ___ worst ___
2. It more hurts than it did yesterday. _____
3. Physiotherapy can sometimes be more effective for back pain than drugs. _____
4. These tests are less painfuller than others, because only a drop of blood is needed. _____
5. Which drug will give the most effective pain relief? _____
6. The fingers are one of most sensitive parts of the body. _____
7. My legs ache less when I'm walking than when I'm standing still. _____
8. Kidney stones are one the most painful condition you can have. _____
9. It's difficult to say where it hurts the more. _____
10. Winter is the most usual season for diphtheria. _____

1. The most worst pain many women experience is in childbirth. ___ worst ___ 2.
It more hurts than it did yesterday. It hurts more than it did yesterday.
3. Physiotherapy can sometimes be more effective for back pain than drugs. _____√_____
4. These tests are less painfuller than others, because only a drop of blood is needed.
These tests are less painful than others, because only a drop of blood is needed. 5.
Which drug will give the most effective pain relief? _____√_____
6. The fingers are one of most sensitive parts of the body.
The fingers are one of the most sensitive parts of the body.
7. My legs ache less when I'm walking than when I'm standing still. _____√_____
8. Kidney stones are one the most painful condition you can have.
Kidney stones are one the most painful conditions you can have.
9. It's difficult to say where it hurts the more. It's difficult to say where it hurts more.
10. Winter is the most usual season for diphtheria. _____√_____

Exercise 9. Complete these sentences with the comparative or superlative forms of the adjectives.

1. Aspirin is the strongest (strong) painkiller we've got, I'm afraid.
2. Can I do anything to make you feel _____ (well).
3. Moving around is getting _____ (hard) to do.

4. Injection is _____ (fast) way to administer pain relief.
5. He is _____ (weak) he was yesterday.
6. For children, thinking about the injection is _____ (frightening) the pain itself.
7. Your fingers are _____ (sensitive) your shoulders.
8. He is feeling _____ (sleepy) now and the pain is decreasing.
9. I can't ignore the pain any more –it's just getting _____ (bad).
10. These pills are much _____ (effective) than those.

1. Aspirin is the strongest (strong) painkiller we've got, I'm afraid.
2. Can I do anything to make you feel better?
3. Moving around is getting harder to do.
4. Injection is the fastest way to administer pain relief.
5. He is weaker than he was yesterday.
6. For children, thinking about the injection is more frightening than the pain itself.
7. Your fingers are more sensitive than your shoulders.
8. He is feeling sleepier now and the pain is decreasing.
9. I can't ignore the pain any more –it's just getting worse.
10. These pills are much more effective than those.

Exercise 10. Translate these proverbs into Russian.

1. Better late than never.

Лучше поздно, чем никогда.

2. It is easier said than done.

Легче сказать, чем сделать.

3. Two heads are better than one.

Один ум хорошо, а два лучше.

4. The grass is always greener on the other side.

Хорошо там, где нас нет.

5. A good friend is my nearest relation.

Хороший друг - как близкий родственник.

Exercise 11. Translate into English.

1. Сегодня я чувствую себя лучше.

Today I am feeling better.

2. Пациент пожаловался на более сильную боль.

The patient complained of a severer (more severe) pain.

3. Дорогие таблетки более эффективные, чем дешёвые. Expensive tablets are more effective than cheap ones.

4. Это самый лучший хирург в нашей больнице.

This is the best surgeon in our hospital.

5. Ему помогло только самое сильное обезболивающее. Only the strongest painkiller helped him.

Exercise 12. Describe your friend's appearance using the appropriate adjectives.

Hair – auburn, black, brown, red, dark, fair, grey, long, short, shoulder-length, waist-length, straight, wavy, curly, bald.

Face – oval, round.

Nose – straight, upturned, snub, aquiline, fleshy, flat.

Lips – thin, compressed, thick.

Eyes – slanted, narrow, bulging, close -/ deep-/ wide-set, brown, green, dark, blue, grey.

Chin – dimpled, flat, pointed, square, protruded.

Forehead – high, low, narrow, broad.

Skin – cream-white, sunburnt / tanned, elastic, sluggish.

Hands – soft, tender, delicate, calloused, puffy, hairy, strong.

Legs – plump, slender, short, long, shapely.

Shoulders – narrow-shouldered, broad-shouldered, round-shouldered.

Appearance – beautiful, good-looking, pretty, pleasant-looking, elegant, handsome, smart.

She has long wavy brown hair. Her face is oval. Her nose is straight. Her lips are thin. She has wide-set brown eyes. She has a pointed chin. She has a broad forehead. Her skin is cream-white. Her hands are soft. She has long slender legs. She is narrow-shouldered. She is pretty.

Exercise 13. Test your knowledge of hygiene by doing this quiz.

1. What is MRSA?

- a) a virus
- b) a bacterium
- c) an antibiotic

2. How do you catch MRSA?

- a) by eating from dirty plates
- b) from poor hospital hygiene
- c) by drinking bad water

3. Which of these things has nothing to do with bacteria?

- a) wine making
- b) yoghurt
- c) the common cold
- d) bad smells

4. In an operating theatre, which of these things breaks hygiene rules?

- a) wearing your mask over your nose
- b) wearing your hair loose
- c) wearing make-up

5. Which of these things is most important in stopping the spread of MRSA?

- a) hospital staff should wash their hands between patients
- b) cleaners should disinfect door handles
- c) visitors should wear masks

6. Where do staphylococcus bacteria live?

- a) in noses
- b) in soil
- c) in toilets

7. How long should you wash your hands in hot water to be sure they are clean?

- a) fifteen seconds
- b) half a minute
- c) one minute

Exercise 14. What are the main rules of hygiene? Write down some important rules which you must follow every day.

Hand hygiene is central to preventing spread of infectious diseases in home and everyday life settings. Hand hygiene is defined as handwashing or washing hands and nails with soap and water or using a waterless hand sanitizer. In situations where handwashing with soap is not an option (e.g. when in a public place with no access to wash facilities), a waterless hand sanitizer such as an alcohol hand gel can be used. They can also be used in addition to handwashing, to minimize risks when caring for "at risk" groups. To be effective, alcohol hand gels should contain not less than 60% v/v alcohol.

Correct respiratory and hand hygiene when coughing and sneezing reduces the spread of pathogens particularly during the cold and flu season. People should carry tissues and use them to catch coughs and sneezes, dispose of tissues as soon as possible and clean their hands by hand washing or using an alcohol hand sanitizer.

Routine cleaning of sites and surfaces (such as toilet seats and flush handles, door and tap handles, work surfaces, bath and basin surfaces) in the kitchen, bathroom and toilet reduces the risk of spread of pathogens. Hygienic cleaning can be done through:

Mechanical removal (i.e. cleaning) using a soap or detergent. To be effective as a hygiene measure, this process must be followed by thorough rinsing under running water to remove pathogens from the surface.

Using a process or product that inactivates the pathogens in situ. Pathogen kill is achieved using a "micro-biocidal" product i.e. a disinfectant or antibacterial product or waterless hand sanitizer, or by application of heat.

In some cases combined pathogen removal with kill is used, e.g. laundering of clothing and household linens such as towels and bedlinen.

Food hygiene is concerned with the hygiene practices that prevent food poisoning. The five key principles of food hygiene, according to World Health Organization, are:

1. Prevent contaminating food with mixing chemicals, spreading from people, and animals .
2. Separate raw and cooked foods to prevent contaminating the cooked foods.
3. Cook foods for the appropriate length of time and at the appropriate temperature to kill pathogens.
4. Store food at the proper temperature.
5. Use safe water and raw materials

Exercise 15. Translate into Russian.

Toothpaste, toothbrush, cream, soap, shampoo, body lotion, eau-de-Cologne, deodorant, napkin.
зубная паста, зубная щётка, крем, мыло, шампунь, лосьон для тела, одеколон, дезодорант, салфетка

Exercise 16. Complete the sentences with the words below. contamination, antimicrobial agent, pathogens, swab, disinfectant, susceptible, resistant, spotless

1. An _____ will kill microorganisms.
2. Use a sterile _____ to get a sample from the back of the throat.
3. Our bodies have ways to kill _____ such as viruses and bacteria.
4. The old, the young, and the very ill are most _____ to hospital infection.
5. Staphylococcus is _____ to most antibiotics.
6. There is a risk of _____ from urine and blood.
7. Wash floors and door handles with _____ .
8. A home doesn't have to be _____ , but it does have to be clean.

1. An antimicrobial agent will kill microorganisms.
2. Use a sterile swab to get a sample from the back of the throat.
3. Our bodies have ways to kill pathogens such as viruses and bacteria.
4. The old, the young, and the very ill are most susceptible to hospital infection.
5. Staphylococcus is resistant to most antibiotics.
6. There is a risk of contamination from urine and blood.
7. Wash floors and door handles with disinfectant .
8. A home doesn't have to be spotless, but it does have to be clean.

Exercise 17. Translate into Russian.

1. Call a doctor, please.

Вызовите врача, пожалуйста.

2. Order this ointment in the chemist's.

Закажите эту мазь в аптеке.

3. Shake this mixture before use.

Встряхните эту микстуру перед использованием.

4. Give an intravenous injection to this patient.

Сделайте внутривенную инъекцию этому пациенту.

5. Insert a thermometer to a patient. Поставьте термометр пациенту.

Exercise 18. Complete the sentences with the words below.

finish, buy, wash, air, drink

1. Don't _____ this tea, it's very hot.
2. Let's _____ the room.
3. Let them _____ the exercise, it's important.
4. _____ your hands, you're going to have a sandwich.
5. Let's _____ these expensive drugs for heartache.

1. Don't drink this tea, it's very hot.
2. Let's air the room.
3. Let them finish the exercise, it's important.
4. Wash your hands, you're going to have a sandwich.
5. Let's buy these expensive drugs for heartache.

Exercise 19. Rewrite the following questions as requests.

Example: Can you open the window? Open the window, please.

1. Can you take the dog to the vet? Take the dog to the vet, please.
2. Can they go for a walk now? Let them go for a walk, please.
3. Can you help me now? Help me, please.
4. Can we stay here longer? Allow us to stay here longer, please.
5. Can he write this report? Let him write this report, please.

Exercise 20. Translate into Russian.

Duodenum, appendix, small intestine, rectum, kidney, urinary bladder, uterus, salivary gland, thyroid gland, gut, pancreas, gall bladder, liver, stomach, oesophagus, pharynx, tongue, lungs, heart, spleen.
двенадцатиперстная кишка, аппендикс, тонкий кишечник, прямая кишка, почка, мочевой пузырь, матка, слюнная железа, щитовидная железа, кишка, поджелудочная железа, желчный пузырь, печень, желудок, пищевод, зев, язык, лёгкие, сердце, селезёнка.

Exercise 21. Translate into English.

1. У него здоровое / больное / доброе сердце.
He has a healthy / weak / kind heart.
2. В лёгких патологии не обнаружено.
There is no pathology revealed in lungs.
3. У ребёнка расстройство желудка.
The child has a stomach disorder.
4. Причины заболевания почек могут быть разными. Causes of kidney diseases can be different.
5. Операция на щитовидной железе прошла успешно. Operation on the thyroid gland has passed successfully.
6. Главные органы груди – сердце, лёгкие и пищевод.
The principle organs in the chest are the heart, the lungs, and the oesophagus.
7. Главные органы брюшной полости - желудок, кишечник, печень, желчный пузырь, почки, мочевой пузырь.
The principal organs of the abdominal cavity are the stomach, the intestine, the liver, the gall bladder, the kidneys, and the urinary bladder.

Exercise 22. Guess this riddle.

If you break me

I do not stop working,
If you touch me
I may be snared, If
you lose me Nothing
will matter.
(heart)

Exercise 23. Read and translate this fitness program for a healthy heart.

1. Strengthen your heart and cardiovascular system.

Укреплять сердце и сердечно-сосудистую систему.

2. Improve your circulation and help your body use oxygen better.

Улучшать Ваше кровообращение и помогать Вашему телу лучше насыщаться кислородом.

3. Improve your heart failure symptoms.

Улучшать состояние при симптомах сердечной недостаточности.

4. Increase energy levels so you can do more activities without becoming tired or short of breath.

Повышать запасы энергии, чтобы вы могли двигаться больше, не уставая и не задыхаясь.

5. Increase endurance.

Тренировать выносливость.

6. Lower blood pressure.

Снижать давление крови.

7. Improve muscle tone and strength.

Улучшать тонус и силу мышц.

8. Improve balance and joint flexibility.

Тренировать умение держать равновесие и улучшать гибкость в суставах.

9. Strengthen bones.

Укреплять кости.

10. Help reduce body fat and help you reach a healthy weight.

Помочь уменьшить количество жира достичь нормального для здоровья веса.

11. Help reduce stress, tension, anxiety and depression.

Помогать снимать стресс, напряжение, тревогу и депрессию.

12. Boost self-image and self-esteem.

Повышать уверенность в себе и самооценку.

13. Improve sleep.

Улучшать сон.

14. Make you feel more relaxed and rested.

Позволит Вам чувствовать себя спокойным и отдохнувшим.

15. Make you look fit and feel healthy.

Позволит Вам выглядеть подтянутым и чувствовать себя здоровым.

Exercise 24. Complete this text with the words below. pump, leaves, valve, enters, artery, flows, atrium, fills, aorta, opens, closing, beat

The heart is a muscle as big as your fist in the centre of your chest. It is an efficient _____ that can get blood to the furthest cell in your body within sixty seconds. On its circular journey around the body, blood _____ the heart twice-once with oxygen and once without oxygen. Blood without oxygen comes into the right side of the heart. It _____ the right atrium. Then the tricuspid valve _____ and the blood goes into the right ventricle. Then the pulmonary _____ opens and the blood _____ through the pulmonary _____. Blood carrying oxygen comes into the left side of the heart. The left _____ fills, the mitral valve opens and the blood _____ into the left ventricle. The aortic valve opens and the blood leaves through the _____. When you listen to a heart _____ you hear “lub dub, lub dub”. This is the sound of the valves _____.

The heart is a muscle as big as your fist in the centre of your chest. It is an efficient pump that can get blood to the furthest cell in your body within sixty seconds. On its circular journey around the body, blood enters the heart twice - once with oxygen and once without oxygen. Blood without oxygen comes into the right side of the heart. It fills the right atrium. Then the tricuspid valve opens and the blood goes into the right ventricle. Then the pulmonary valve opens and the blood leaves through the pulmonary artery. Blood carrying oxygen comes into the left side of the heart. The left atrium fills, the mitral valve opens and the blood flows into the left ventricle. The aortic valve opens and the blood leaves through the aorta. When you listen to a heart beat you hear “lub dub, lub dub”. This is the sound of the valves closing.

Exercise 25. Translate into English.

Человеческое сердце, сокращаться, артерия, 72 удара в минуту, сердечный цикл, эритроциты, лейкоциты, тромбоциты, систола предсердия, систола желудочка, диастола, врождённый порок сердца, кислород.

Human heart, to contract, artery, 72 beats per minute, cardiac cycle, erythrocytes, leukocytes, thrombocytes, auricular systole (atrial systole), ventricular systole, diastole, a congenital heart disease, oxygen.

Exercise 26. Complete the text using the words below.

slide, drop, microscope, syringe, vein, test tube, pipette

Use a _____ to take some blood from a _____ in the patient’s arm. Put the blood into a _____. Then, use a _____ to put a _____ of the blood onto a _____. Examine it under a _____. What do you see?

Use a syringe to take some blood from a vein in the patient’s arm. Put the blood into a test tube. Then, use a pipette to put a drop of the blood onto a slide. Examine it under a microscope. What do you see?

Exercise 27. Test your medical IQ.

1. If you have a heart attack, you also have heart disease.
 - a) true
 - b) false

2. What is meant by the term myocardial infarction?
 - a) heart failure
 - b) heart attack
 - c) brain aneurism
 - d) all of the above

3. Sudden cardiac arrest means that the heart...
 - a) stops beating
 - b) beats dangerously slow
 - c) has a cycle of beating and stopping
 - d) skips beats

4. Symptoms of heart disease can include...
 - a) dizziness, weakness, arm pain, pressure in the chest
 - b) heart palpitations, shortness of breath, weakness
 - c) no symptoms at all
 - d) all of the above

5. Risks for heart disease include...
 - a) high blood pressure and high cholesterol
 - b) smoking
 - c) lack of exercise
 - d) all of the above

6. In the heart a clogged artery causes a heart attack. In the brain it causes a ...
 - a) migraine
 - b) mental illness
 - c) stroke
 - d) seizure

7. The term “heart failure” means the heart has stopped working. a)
true
 - b) false

8. People can be born with heart disease.
 - a) true
 - b) false

9. The medical term for chest pain is...
 - a) angina
 - b) there is no medical term for chest pain
 - c) flutter
 - d) arrhythmia

10. When heart trouble is sensed, who waits at least two hours before help is called. a) men
b) women
c) both men and women
d) children

Exercise 28. Read and translate these terms. Compare these words with Latin ones.

Parietal, frontal, temporal, occipital, skull, cervical, vertebra, clavicle, scapula, rib, thorax, dorsal, spine, lumbar, pelvis, sacrum, coccyx, humerus, ulna, radius, phalanges, femur, fibula, tibia.

Париетальный, лобный, временный, затылочный, череп, цервикальный, позвонок, ключица, лопатка, ребро, грудная клетка, спинной, спинной хребет, поясничный, таз, крестец, копчик, плечевой, локтевая кость, лучевая кость, фаланги, бедро, малоберцовая кость, голень.

Exercise 29. Complete this text with the words below.

skeleton, trunk, coccyx, skull, clavicle, bones, ribs, tibia, ulna

The skeleton is the bony framework of the body. It consists of 208 bones of various size and shapes. The skeleton gives support to soft tissues. It protects delicate structures such as the brain, the heart and the lungs. The joints, cartilages and ligaments between the bones determine the degree and the quality of the motion. The bones forming the skeleton are divided into the bones of the head, the bones of the trunk, and the bones of the upper and lower extremities.

26 bones of the head form the skull which protects the brain. The bones of the trunk are the spinal column (spine) and the thorax. The thorax includes 12 pairs of ribs and the breastbone. In the spine there are 7 cervical, 12 thoracic, 5 lumbar, 5 sacral vertebrae and the coccyx.

The arms join the body at the shoulder. The shoulder is formed of two bones – the collar-bone (clavicle) in front and the shoulder-blade (scapula) behind. The bones of the upper extremity are humerus, ulna and radius. The bones of the lower extremity are femur, tibia and fibula.

Exercise 30. Translate into English.

1. Трепанация черепа была проведена успешно.

Cranial trepanation was performed successfully.

2. Позвоночник пациента не пострадал.

The backbone of the patient has not suffered.

3. Рентген грудной клетки был сделан немедленно.

Chest X-ray was made immediately.

4. Этот пациент пожаловался на боль в бедре.

This patient complained of a pain in his hip / thigh.

5. Ключица была сломана. The clavicle was broken.