

ДНЗ «Уманський професійно – аграрний ліцей»

Англійська мова

Навчальний посібник
для учнів II курсу
з теми

«Охорона здоров'я»

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2013р.

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Навчальний посібник з англійської мови з теми «Охорона здоров'я» для учнів II курсу професійно – технічних навчальних закладів. Рівень стандарту.

Даний посібник з англійської мови для учнів II курсу з теми «Охорона здоров'я» створений у відповідності з новою програмою англійської мови для професійно – технічних навчальних закладів і є авторським. Використана в ньому лексика повністю висвітлює зміст теми. Автентичні тексти і дидактичний матеріал для інтенсивного навчання англійської мови допоможуть розширити кругозір учнів, тренувати їх мовленнєві навички та навички аналізу різних граматичних структур і фонетичних явищ.

Посібник буде корисним для учнів II курсу загалом – технічних навчальних закладів, молодих учителів англійської мови та вчителів – практиків.

Схвалено на засіданні методичної комісії.

Протокол № 10 від _____

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Вступ

Основною практичною метою вивчення англійської мови в середній школі є формування комунікативної компетенції. Всі інші (освітня, виховна, розвивальна) реалізуються в процесі її досягнення. Комунікативна компетенція в сучасному її розумінні передбачає здатність до міжкультурної взаємодії.

Саме ця мета у наш час найбільше затребувана різними категоріями учнів, які вивчають іноземну мову. Як ми бачимо, сьогодення передбачає широке користування всесвітньою мережею Інтернет, що стає все більш необхідною умовою для отримання і передачі інформації. Варто зазначити, що переважна більшість інформації в мережі подана англійською мовою. Сучасні засоби зв'язку з партнерами, доступ до інформаційних ресурсів мережі Інтернет передбачають достатньо вільне володіння не тільки комп'ютерними технологіями, а й іноземною мовою. Це реальність, з якою потрібно рахуватися.

Отже, мовна освіта є важливим інструментом життєдіяльності людини в полікультурній і мультилінгвільній спільноті. Мовна освіта – важливий засіб, котрий формує свідомість особистості, соціальну мобільність вільно входити у відкритий інформаційний простір.

Перспективним напрямком для подальшого удосконалення і розвитку іншомовної освіти в середній школі, в тому числі й навчально – методичного забезпечення, варто вважати подальше наповнення європейським змістом підходу до вивчення мови, розвиток та застосування методів інтенсивного навчання. Це, зокрема, закладання основ багатомовної свідомості в учня, набуття навичок і вмінь спостерігати за власним іншомовним навчальним досвідом, своїми успіхами, формування навичок самооцінювання, розвиток умінь рефлексії.

Даний посібник упорядкований з урахуванням досвіду Карпюк О.Д. та методів інтенсивного навчання.

Lesson 105

1. Read the quotations, translate them into Ukrainian. Explain their meanings. Use: *I think, depends on, affect the health, cause of illness, add more health.*

“Nothing so needs reforming as other people’s habits” /Mark Twain/

“We first make our habits, and then our habits make us” /John Dryden/



2. Read the text and choose the best heading for it.

- a) Good and bad habits in life.
- b) Healthy lifestyle
- c) Food and health

Nowadays our life is getting more and more tenses. People live under the press of different problems, such as social, ecological, 'economical and others. They constantly suffer from stress, noise and dust in big cities, diseases and 'instab'ility. A person should be strong and healthy in order to overcome all difficulties. To achieve this aim people ought to *take care of their physical and mental health*. There are several ways to do it. The state of our body depends on how much time you spend *doing sports*. At least everybody must *do morning exercise* every day. The healthiest kinds of sport are swimming, running and cycling. *Health food* is also a very important factor. *Overeating* causes many dangerous diseases. The daily menu should include meat, fruit and vegetables, milk product, which are rich in vitamins, fat, proteins and etc. On the other hand modern diets are very popular especially among women. Diets may be harmful, if they are used in the wrong way. To be healthy, people should get rid of their bad habits. It's necessary to stop smoking and drinking much. Everyone should remember that cigarettes, alcohol and drugs destroy both body and brain. Besides according to statistics most of crimes are committed by people under the influence of drugs and alcohol. In addition it is recommended *to watch TV less, avoid anxiety and observe daily routine*. Certainly it's hard to follow all these recommendations, but every person has to choose between healthy life style and numerous illnesses.

Vocabulary

tense – напруженіше

suffer from – страждати від

in order to overcome – щоб подолати

anxiety - тривога

numerous illness – численні хвороби

observe daily routine – спостерігати щоденну рутину

get rid - позбутися

habit - звичка

healthy lifestyle - здоровий спосіб життя

take care of - дбати про

physical health - фізичне здоров'я



mental health – психічне здоров

diseases – хвороба

overeating – переїдання

2. Complete the sentences according to the text.

1. This text tells us about ...
 - a. *problems which are influenced on people.*
 - b. *the role of healthy lifestyle in the people life.*
 - c. *bad and good habits.*
2. The state of our body depends on that ...
 - a. *how much we do sports.*
 - b. *how much we eat different kinds of food.*
 - c. *how much we sleep.*
3. Overeating causes ...
 - a. *only obesity.*
 - b. *many harmful illness.*
 - c. *even death.*
4. To be healthy people should follow ...
 - a. *the strict diet.*
 - b. *the diet which includes fruit and vegetables.*
 - c. *the rational daily menu.*
5. Cigarettes, alcohol and drugs destroy ...
 - a. *body and brain.*
 - b. *only body.*
 - c. *only brain.*



3. Work in groups. Complete the table with good habits and bad habits.

Morning exercises, overeating, oversleeping, drinking, swimming, waste time doing nothing, plan ahead for the next day, drugs, watching TV at the end of the day, cat habits, humor, waste money, winning habit, taking on a Mobile phone, nail biting, computer games, positive attitude, fast food, healthy food, running, gambling.

Good habits	Bad habits
1. <i>morning exercise</i>	1. <i>overeating</i>
2.	2.
3.	3.



4. Discuss the questions.

1. Do you think people ought take care of their physical and mental health?
2. Are you sure that bad habits destroying our body?

Lesson 106

1. Read the text and translate it.

Healthy Way of Life

Healthy way of life – is this something abstract and unreachable (недосяжне) nowadays. Of course not! Healthy way of life is absolutely real and not so difficult lifestyle habits to bring in life for everyone. Certainly, it is not possible for every person to make his lifestyle 100% ideally healthy, and this is not required to make his lifestyle 100% ideally healthy, and this is not required in most cases. But just imagine – if you will improve and make only 5 key aspects of your lifestyle healthier by only 10 – 20% - what amazing benefits (чудові переваги) these improvements will reward your life! Getting multiplied, these five simple lifestyle improvements will change your health and life cardinally and totally. Better health, more energy, better work results, less fatigue (втоми), more joy in family and everywhere, great and constant feeling of happiness, powerful stress resistance (потужний опір стресу) and more, and more.



that presupposes (передбачає) enough of sleeping hours, regular meals, proper time for work and relax. All parts of our life organically and significantly (значно) improve each other, when every of them is treated (розглядається) at right time and in proper manner(порядку).

- What can be better than a **well – balanced diet**, that brings your body exactly (саме те) what it needs. When speaking about “well – balanced” it mean a balance both between the pleasure from your favorite meals and their

usefulness (корисність) for your body. A proper diet is not something about limiting yourself. It is about harmony of properly selected food especially for you.

- **Being not addicted to bad habits** – including in the list of bad habits oversleeping and overeating. Your mind and body should master (засвоїти) your habits, not vice versa (навпаки). If some of your habits make good for your mind, but the same time are bad for your body – something should be revised (переглянуто) in your lifestyle. Everything you do must bring harmoniously balanced benefits for your mind, soul and body.
- **Keeping fit** that helps you to be in a good shape, to feel more energetic after working out, to get rid of stress (позбутися стресу) with the help of physical

charge. Today you have a great variety of methods to keep fit: morning exercises, gym, swimming pool, jogging, aerobics, yogi, fitness training.

- **Good mood.** It is very important to be in good from physically and mentally – positive mood is not just good emotions. Joy and good mood are very powerful cleaning and healing (зцілюючої) energy for your mind and body and soul. Nowadays there are a lot of methods, tools, solutions, natural health remedies (природні засоби здоров'я) and therapies to help you live in a balanced healthy way of life. Healthy way of life – is the way of love and harmony between your body, mind and soul. Following healthy way of life makes you more energetic, active, gives you new emotions and wonderfully changes all aspects of your living – it guides you to the best your life scenario.

2. Find in the text English equivalents of the word – combinations to the given Ukrainian ones.

1. Здоровий стиль життя; 2. Звички здорового стилю життя; 3. Ключові аспекти стилю життя; 4. П'ять ключових аспектів поліпшень стилю життя; 5. Менше втоми, більше задоволення; 6. Велике і постійне відчуття щастя; 7. Щоденний режим; 8. Достатня кількість годин сну; 9. В потрібний час і в потрібному порядку; 10. Добре збалансована дієта; 11. Задоволення від улюбленої їжі; 12. Її корисність для вашого тіла; 13. Не є щось про самообмеження; 14. Правильно відібрана їжа; 15. Не будучи залежним від поганих звичок; 16. Погані звички пересипання і переїдання; 17. Гармонійно збалансовані переваги; 18. Піклування про фігуру; 19. Бути в хорошій формі; 20. З допомогою фізичного заряду; 21. Почуватися більш енергійним після роботи; 22. Хороший настрій; 23. Дуже потужна очищуюча і зцілююча енергія; 24. Збалансований здоровий спосіб життя.

3. Put “True” if the sentence is correspond to the text and “False” if the sentence is not correspond to the text.

1. Healthy way of life is absolutely real and sometimes difficult lifestyle habits to bring in life for everyone.
2. This is not real for every person to make his lifestyle 100% ideally healthy.
3. It is not necessary for somebody to know five key aspects of healthy lifestyle to improve his life.
4. One of the five steps of the healthy lifestyle is to eat more fruit and vegetables/
5. To be healthy everyone must to adhere to a daily regime of sleeping and eating, having proper time of working and relax.
6. The well –balanced diet is the main step to the healthy style of life.
7. If refuse bad habits, you will get a healthy life.
8. The great methods to keep fit is morning exercises, gym, swimming pool, jogging, aerobics, yogi, fitness training.

Lesson 107

1. Read the dialogue and act it.

Kipping fit



Juliet: Hey, Maddy! How long am I supposed to gallop around this park? Let's have a break... I'm very tired... and cold. Ouch! I'm afraid: I've got a corn on my right foot. Look! It's a blister! Oh, how it hurts ... These sneakers are bit too tight for me.



Madeline: Come on, let's run, Julie, we've just started jogging. Stop whimpering and let's have a good training. Lot's of people are jogging along in the park every morning for their health. Look at those girls over there. They are slim, fresh, and pretty, and they feel well ...

Juliet: How do you know that they feel well? Can one feel well after such an exhausting training? Hardly ... If I don't stop now, Samuel will be a widower and you'll lose your best friend! "They are slim, fresh, and pretty" They have frail constitution, that's the reason. You were always delicate too, and I was always plump, you know. Therefore, what's the use of torturing myself if I'll never become svelte.



Madeline: Oh, yes ... you poor thing! Look at you! You are getting fat, your complexion is sallow, and you cough all the time. I'm sure you will lose your weight if you jog regularly and give up junk food.

Juliet: What do you call "junk food"? A few custard cakes I eat with my coffee or a tiny pizza for dinner from time to time?

Madeline: Yes, my dear, and dozens of donuts, and your favorite pineapple muffins, and hamburgers with chips, and hotdogs you eat "now and then" during one single day ... Besides, I saw your "tiny pizza" – it covers the whole kitchen table, and you drink 5 cups of coffee a day. You have to stop eating all this if you want to look and feel well.

Juliet: Would you like to see me chewing a cabbage leave, and asparagus, like a rabbit, or eating oats all day long, like a horse? What am I supposed to eat? No one can live on that "healthy food". I always hated cornflakes, and those salads, fruit, and vegetables cause nothing but indigestion and hiccups.



Madeline: You might try to choose the diet what will be good for you. You know, Julie, two years ago I had the same problem. I wasn't careful for my health: I smoked, I ate bacon and eggs, home fries, toast and coffee for my breakfast at my favorite coffee shop. For lunch, I stopped at the pizza shop for three slices and a large Coke. In the afternoon the ice cream tasted so refreshing ... of course, I gained weight. I began to feel tired and sometimes took a nap in the afternoon. I was breathless after climbing the stairs. In addition, there was one more thing, Julie, - I looked

like a mountain, and I hated myself for my potbelly and sluggishness. So ...

Juliet: So ... you consulted your doctor, he put you on a miraculous diet, and you tried it, and now look like a Barby – doll ...

Madeline: Well, actually, I felt in love, Julie ... with a very handsome man, my workmate. Certainly, I realized he would never pay attention to such a nondescript figure. At first, I felt depressed. Then I found out he jogged every morning in the nearest park, and he swam in the local pool twice a week. I started jogging in the same park and joined the local gym. And, of course, I consulted my doctor.

Juliet: How romantic.... You were always strong – willed, Maddy. I mean, you managed to give up eating all those tasty things for the sake of love ...

Madeline: Well, not only for the sake of love, but also for the sake of my own health, Julie. It was not that easy, you know. I had to change all my habits. First of all, I stopped smoking. Now I eat a light breakfast and take a few apples to work with me. At lunch, I eat a large salad ...

Juliet: Oh, yes! I knew that! That irreplaceable salad ...

Madeline: Yes, you are right. I like salads now, and I don't eat ice cream anymore. I prefer frozen yoghurt instead. Besides, I play basketball, I roller – skate, and I jog every day. And you can see the result – I'm slim and no longer tired. I feel well; I'm graceful and look younger.

Juliet: Well, Maddy, a very interesting story indeed, but what about the man? Did he finally in love with you?

Madeline: OK, dear. I'll tell you the end of the story after our training ... Let's run, come on, Julie, follow me ...

Juliet: That's unfair, Maddy. You've roused my curiosity – and no happy end? Hey! Wait for me! ...

Vocabulary:

I supposed to gallop around this park - Я повинна галопувати кругом цього парку

a corn - мозоля

a blister - пухир

are bit too tight – занадто жорсткі

stop whimpering – перестань скиглити

exhausting training – виснажливе тренування

frail - тендітна

plump - товстий

what's the use of torturing myself – що толку мучити себе

svelte – стрункий

donut – пончики

poor thing - бідолаха

getting fat – товстіти

junk food – нездорова їжа

complexion is sallow – жовтий колір обличчя

I gained weight – я швидко набрала вагу

indigestion and hiccups – нетравлення і гикавки

potbelly and sluggishness - пузо і повільність

I felt in love – я закохалася
a nondescript figure – непоказна фігура
I mean – я маю на увазі
for the sake – заради
irreplaceable – незамінний
indeed – дійсно
unfair – несправедливий



2 . Read the dialogue again and answer the questions below. Write M or J.

1. ___ has a good training every morning.
2. ___ has got a corn on her right foot.
3. ___ always is slim and delicate.
4. ___ always was plump.
5. ___ has a sallow complexion and coughs all the time.
6. ___ likes to eat “junk food”.
7. ___ likes to eat “healthy food”
8. ___ always hated corn flakes and salads.
9. ___ said that the love helped her to become slim.
10. ___ thinks that is necessary to be slim only for the sake of love.

3. Match the English and Ukrainians equivalents of the word – combinations.

- | | |
|---------------------------------------|---------------------------------------|
| 1. we've just started jogging | a. бути стрункою і виглядати молодшою |
| 2. They are slim, fresh, and pretty | b. виглядати і відчувати себе добре |
| 3. an exhausting training | c. регулярно бігати |
| 4. to have frail constitution | d. бідолаха |
| 5. what's the use of torturing myself | e. вибрати дієту |
| 6. you poor thing | f. відмовитися від нездорової їжі |
| 7. never become svelte | g. виснажливе тренування |
| 8. jog regularly | h. почати відчувати себе втомленою |
| 9. give up junk food | i. чудотворна дієта |
| 10. to look and feel well | j. непоказна фігура |
| 11. to choose the diet | k. Вони стрункі, свіжі і красиві |
| 12. to begin to feel tired | l. ми щойно почали біг |
| 13. to gain weight | m. що толку мучити себе |
| 14. a miraculous diet | n. мати тендітну конституцію |
| 15. a nondescript figure | o. ніколи не стати стрункою |
| 16. be graceful and look younger | p. набирати вагу |

4. Pair work. Complete the table using the dialogue from exercise 1.

 <p>Healthy food</p> <ol style="list-style-type: none"> 1. salad 2. 3. ... 	 <p>Junk food</p> <ol style="list-style-type: none"> 1. custard cakes 2. 3. ...
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Lesson 108

1. Look at the pictures and describe the healthy style of life.



2. Name the good habits and bad habits. Do you know how to break bad habits? Read the recommendations and translate them.

How to break a bad habit?

5 steps:

1. Admit (признайте) that you have a problem. Ask yourself:

- Why is this habit bad?
- What's holding me back from getting rid of it?
- What things or people stop me from breaking the habit?



2. Change your environment.

Limit your interactions with people who encourage your bad habit.

3. Create barriers to the habit.

- Find someone you like who disapproves of your habit.
- Capitalize on other habits. Use another behavior or tendency to combat (боротися) the habit. For instance, if you're lazy, be lazy about your habit.

4. Find a placeholder (замінник).

- Try to replace your habit with something new and positive in your life.

5. Be patient.

Conditionals Sentences

Умовні речення 1 типу виражають реальні ситуації в теперішньому чи в майбутньому. If + Present Simple + Future Simple
Example: if we work hard we'll finish project in time.

Умовні речення 2 типу виражають уявну ситуацію, яка протирічить реальності, і те, що вона відбудеться в майбутньому чи в теперішньому малоімовірно. If + Past Simple + would + Present Simple
Example: If I won the money I would buy a new car.

Умовні речення 3 типу виражають нереальні ситуації, які відносяться до минулого. If + Past Perfect + would + Present Perfect
Example: If I had been more careful, I wouldn't have done such a big mistake.

1. Complete the Conditional Sentences (Type I) by putting the verbs into the correct form.

1. If you (send) ____ this letter now, she (receive) ____ it tomorrow.
2. If I (do) ____ this test, I (improve) ____ my English.
3. If I (find) ____ your ring I (give) ____ it back to you.
4. Peggy (go) ____ shopping if she (have) ____ time in the afternoon.
5. Simon (go) ____ to London next week if he (get) ____ a cheap flight.
6. If her boyfriend (phone/not) ____ today, she (leave) ____ him.

2. Are these real or unreal conditional sentences?

1. If we had travelled together we would have saved money. unreal
2. If he recognized me, he certainly didn't show any sign of it.
3. She'll be furious if she finds out the truth.
4. Where would you choose if you could live anywhere in the world?
5. You would know the answer if you had read the book.
6. You'll have to take a taxi home if you want to leave now.
7. If you had taken that job in Norway, you'd have been able to learn to ski.

3. Write sentences with similar meaning beginning If ... All the sentences you write will be unreal conditionals. (Type II)

Ex. I don't know enough about the machine, so I can't mend it myself.

If I knew enough about machine I would mend it myself.

1. He didn't prepare for the interview, so he didn't get the job.
2. Not enough money is spent on cancer research, so a prevention has not been found.
3. Andrew wanted to ask Frank Sinatra for his autograph, but he wasn't brave enough.

Lesson 109

Topic: VISITING A DOCTOR



Active Vocabulary

1. **Read and learn.**
2. chemist's/ AE drug – store (pharmacy)
3. medicine/AE drug(for
4. pill, tablet, capsule; vitamin; pain – killer; antifebrile (протигарячковий); aperient (проносне); sedative (заспокійливий); per – pill (таблетки для бадьорості); sleeping – draught (pill)/opiate (заспокійливе/снотворне)
5. ointment (мазь); to take the medicine (mixture, pills)
6. bandage (бинт); cotton wool (вата); mustard plasters; adhesive tape/ plaster;
7. injection; to have an injection; to make smb. an injection; to give smb. a shot (укол); a syringe (шприц)
8. an operation (on); to operate on smb.; to be operated on ...
9. to take blood count (взяти аналіз крові); to do a blood test; to feel one's pulse; to check/ measure blood pressure (high, low, normal)
10. X – ray, to be X – rayed
11. to be allergic to some medicine;
12. to break a bone; to dislocate / to sprain (розтягувати зв'язки)
13. illness; disease, to be inoculated against ...(бути захищеним проти ...)
14. to be ill /AE sick (ant. healthy, sound); to fall ill (ant. to recover); to catch an illness; to have complications (мати ускладнення)
15. treatment, cure; to treat smb. for an illness; to undergo a cure (пройти лікування)/course of medical treatment
16. to make up prescriptions (писати рецепти); to prescribe smb. the medicine; to follow the doctor's prescriptions/ directions/ instructions
17. a sick leave (лікарняний лист); a medical certificate (медичне свідоцтво)
18. pain, ache, hurt; painfull (болючий)
19. to have a toothache; to have one's tooth out/pulled out/filled; to have a cavity in one's tooth (мати дірку в зубі); false teeth (вставні зуби)

Ailments and illnesses (недуги і хвороби)

20. allergy -
21. quinsy/ tonsillitis –
22. asthma -
23. pneumonia -
24. diabetes -
25. influenza/ the flu/ grippe -
26. mumps - свинка
27. smallpox, chicken pox – віспа, вітряна віспа
28. German measles; measles – краснуха, кір
29. Tuberculosis -

- 30. Diphtheria -
- 31. Rheumatism -
- 32. Bronchitis -
- 33. headache; ear...; stomach ...; tooth ...; -
- 34. cold, to catch / to have a cold; to have a running nose (нежить), cough; sore throat (хворе горло)
- 35. indigestion - нетравлення, upset stomach – розлад шлунка
- 36. giddiness – запаморочення, nausea – нудота, insomnia - безсоння
- 37. abscess, boil – нарив
- 38. burn, scald – опік
- 39. injury - поранення, wound - рана, ulcer – виразка

Symptoms

I've got rash (сип), bruise (синяк), lump, spots, a black eye; chest pains (біль у грудях); heart attack; earache; a pain in my side; a lump on my arm, diarrhea; painful joints (хворобливі суглоби); blisters; sunburn.

I feel sick/dizzy (запаморочливий)/breathless/ shivery (тремтячий)/faint (знепритомний) /particularly bad at night.

I am depressed/ tired all the time.

I've lost my appetite/ voice;

I can't sleep, my nose itches (свербить) and my leg hurts.

Diagnosis



You've got flu/ an ulcer.

You've broken your wrist and sprained/ dislocated your ankle (щиколотка)

You're pregnant.

He died of lung cancer/ heart attack/ brain hemorrhage (крововилив у мозок)

1. Read and translate the text. Pay attention to the use of words and expressions from your active vocabulary.

Text . At the dentist

Juliet: I'm very sorry, Doctor. I'm afraid, I'm a little late for my appointment.

Doctor: It's all right. Mrs. Bradley. Sit down, won't you? What seems to be the trouble?

J.: Oh, we had guests last night. It was my husband's birthday. I ate two big pieces of chocolate cake. I always had a sweet tooth. You know ... then suddenly I felt pain on the left side of my mouth ...

I don't know where exactly it hurts, but it's awful, Doctor. I could hardly sleep at night. I took several tablets of aspirin, other pain – killers and even sleeping – pills, but nothing stopped the pain ...

D.: OK, Mrs. Bradley. Let me take a look at it. Open your mouth wide, please.

J.: Oh, I'm afraid, I can't do it, Doctor.

D.: Why, what's the matter?

J.: you see, I'm so afraid dentists! I would have never come here if I could bear the pain

...

D. But now you're here and you'll have to open your mouth, if you want to get rid of pain, Mrs. Bradley. You see. There's no other way to examine one's teeth...

J.: Ok, Doctor, I'll try ... Ouch!!! Ouch!!!

D.: Come on Mrs. Bradley, I haven't even touched you yet.



J.: I know, Doctor, but I'm so afraid that I feel pain even before you touch me. I'll try again and I promise to be calm, Doctor ... Ouch!!! Ouch!!! Ouch!!!

D.: (a bit irritated) Listen, Mrs. Bradley, if you wave your arms like this, you'll dislocate your arm or even break a bone ... By the way, your teeth in that area seems to be sound, as far as I can see. We'd better take an X – ray just to be sure none of the teeth is abscessed.

J.: Does it hurt to take an X – ray, Doctor?

D.: No, it doesn't, Mrs. Bradley. Just sit still and don't wave your arms ... Thank you ... Now let's examine the picture ...

J.: Or, dear, I do hope you won't have to pull the tooth out, Doctor.

D.: Well – well ... Mrs. Bradley, did you eat fish yesterday?

J.: Oh, yes, Doctor. It was a wonderful salmon, stuffed with mushrooms and lemon. It was so wonderfully baked that its back was brown and crisp ... very delicious ...

D.: I guess, it was really very delicious, Mrs. Bradley. There's nothing wrong with your teeth, all fillings are good and there are no cavities. But there is a big fish – bone in the upper part of your left cheek. It has gone deeply into the cheek, so I'll have to give you an injection of Novocain to remove it.



J.: Oh, really? I'm so afraid injections ...

D.: Are you allergic to Novocain, Mrs. Bradley?

J.: No, I don't think so, Doctor. I'm not allergic to any medicine or food.

D.: All right ... (makes an injection). Now open your mouth wide, Mrs. Bradley... well here you are. That's a big bone, indeed, and very sharp. I'll prescribe you an antiseptic to rinse your mouth just to avoid complications or abscess.

J.: Thank you very much, Doctor.

D.: Don't mention it, Mrs. Bradley. Be careful next time when eating fish.

2. Translate the following sentences into Ukrainian and state whether they are false or true.

1. Juliet took several tablets of aspirin, other pain – killer and sleeping draughts, but nothing stopped her toothache.
2. "I'm not afraid of dentists. I'll open my mouth and let the dentist examine my teeth", said Juliet.
3. One of Juliet's was abscessed and the dentist had to pull it out.
4. The bone has gone deeply into Juliet's cheek, so she had to take an injection of Novocain to remove it.

3. What do we call. Underline the word.

1. doctor's written order or direction for the making up and use of a medicine (prescription, a seal leave, a medical certificate);
2. a place where people are

treated for illnesses or injuries (polyclinic, hospital, doctor's); 3. A person who is receiving medical treatment (doctor, people, patient); 4. a kind of device used for injecting liquids into the body (a syringe, a cap, a glass); 5. A stripe of material as used for binding round a wound or injury (adhesive tape, bandage, plaster); 6. organic substances which are present in fruit and are essential to the health of man (tablet, sedative, vitamin). 7. Substances, usually in the form of pills, or tablets, or mixtures, used to treat diseases (mixture, medicine, drugs).

4. Listen to the dialogue and find meaning pairs.

- | | |
|---|--------------------|
| 1. <input type="checkbox"/> examine | a) against |
| 2. <input type="checkbox"/> break | b) sickness |
| 3. <input type="checkbox"/> run | c) to do something |
| 4. <input type="checkbox"/> prescribe | d) medication |
| 5. <input type="checkbox"/> immunize | e) force someone |
| 6. <input type="checkbox"/> force someone | f) a patient |
| 7. <input type="checkbox"/> suffer from | g) testes |

5. Listen to the dialogue again and put a tick in front of the correct answer.

1. Roger goes to the doctor because he has ...

- a) the flu. b) paints. c) results.

2. Roger thinks his fall from the bike ...

- a) has nothing to do with his pain.
b) caused his pain. c) hurt him.

3. The doctor examine Roger's ...

- a) arm, wrist, and elbow.
b) heart, liver, and lungs.
c) eyes, ears, and month

Lesson 110

1. Match the English and Ukrainian equivalents of the following words and word – combinations.

- | | |
|--|----------------------------------|
| 1. Polyclinic – | a. лікарняний лист |
| 2. Medical aid – | b. вивихнути руку |
| 3. To take some medicine – | c. захворіти |
| 4. To pull out the tooth – | d. зробити ін'єкцію |
| 5. To follow the doctor's instructions – | e. зробити рентген |
| 6. To feel one's pulse – | f. оглянути хворого |
| 7. To break the leg – | g. міряти температуру |
| 8. To check blood pressure – | h. швидка медична допомога |
| 9. To have complications – | i. медсестра |
| 10. A nurse – | j. мати ускладнення |
| 11. Ambulance – | k. вимірювати кров'яний тиск |
| 12. To take one's temperature – | l. зламати ногу |
| 13. To examine a patient – | m. поррахувати пульс |
| 14. To be X –rayed – | n. виконувати призначення лікаря |
| 15. To make smb. an injection – | o. вирвати зуб |
| 16. To dislocate an arm – | p. медична допомога |
| 17. To fall ill – | q. приймати ліки |
| 18. A sick leave - | r. поліклініка |

2. Choose the appropriate explanation:

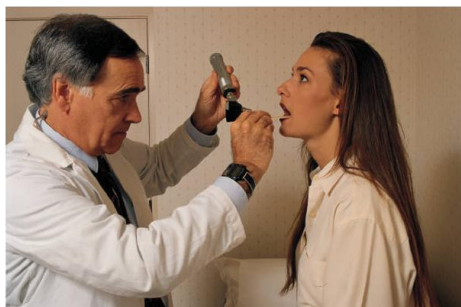
- | | |
|---|------------------------------------|
| 1. Bandage | 7. Surgeon |
| 2. Hospital | 8. Cough |
| 3. To be laid up with the flu, cold, sore throat etc. | 9. Toothache |
| 4. A cold | 10. To give a patient a check – up |
| 5. Ointment | 11. Headache |
| 6. Medicine | 12. Health |
- a) to be confined to bed or the house though illness;
b) to examine a patient;
c) a common illness accompanied by sneezing and running nose;
d) a pain in the tooth or teeth;
e) the art and science of prevention and cure of disease;
f) sorts of medical paste made from oil or fat and used on the skin;
g) strip of material for binding round a wound or injury;
h) condition of the body or the mind;
i) continuous pain in the head;
j) act or sound of coughing;
k) a doctor who performs operations;
l) a place where people are treated for, nursed through their illness.

3. Read and dramatize the dialogue. Work in pair.

Visiting the Doctor

Receptionist: Good morning, Mrs. Clark. Dr. Brown is ready for you now.
Would you go in, please?

Dr. Brown: Good morning, Mrs. Clark. What's wrong with you?



Mrs. C.: I have an awful headache that I can't get rid of, Doctor. And my throat seems sore.

Dr. B: Let me have a look at the throat first. Have you taken your temperature?

Mrs. C.: No, I'm afraid, I haven't.

Dr. B: Just put this thermometer under your tongue, then ... yes, it is as I

thought. You have a slight fever. I'm afraid, you're catching the flu. You must go straight home to bed and keep warm. Have plenty of hot milk. It'll help to bring your temperature down. If the headache gets too bad. You can take two aspirins. But don't forget that it takes about a few days to get back to normal after this kind of flu.

Mrs. C.: Thank you. Doctor, I'll do as you say.

Exercise 4. What do you think the doctor said to each of the following patients? Match the sentences.

- | | |
|----------------------------------|------------------------------------|
| 1. Ann with bad sunburn. | 5. Joanne who's broken her leg. |
| 2. John who's off to the Tropic. | 6. Sam who needs his appendix out. |
| 3. Paul with the flu. | 7. Rose suffering from exhaustion. |
| 4. Liz with a bad cough. | 8. Ralf who's sprained his wrist. |
-
- Take one three times a day after meals.
 - Take a teaspoonful last thing at night.
 - Rub a little on before going to bed each night.
 - We'll get the nurse to put a bandage on.
 - You'll need to have some injections before you go.
 - I'll ask the surgeon when he can fix you in for an operation.
 - You'll have your lag put in plaster.
 - I think you should have total bed rest for a week.

5. What medical problems might you have if ...

- You eat too fast?
- You smoke a lot?
- You play football?
- You go skiing?
- You stay too long in the sun?
- A mosquito bites you?

- 7 You get wet on a cold day?
- 8 You think you are not well all the time?
- 9 You eat food you're allergic to?
- 10 You run unusually fast (for a bus)?

5. Listen to the dialogue and put "True" or "False"

1. Sam's grandfather had stopped breathing by the time Sam called emergency services.
2. The grandfather was still well enough to speak a little with his grandchild.
3. Sam had no idea what had happened to his father.
4. Sam does not know what to do in an emergency situation.
5. The operator was interested in the grandfather's symptoms.
6. By the time Sam hung up the phone, the ambulance had already arrived.
7. The operator asked several questions before she sent an ambulance to the house.
8. The ambulance arrived while Sam was talking to the operator on the phone.

**Reading
Test**

Variant 1

- 1. Read the text and understand it. Then right out the English equivalents of word – combinations to the Ukrainian ones.**

Text. The Lows of Health

One of the first duties we owe to ourselves is to keep our body in perfect health. There are certain lows of health, which deserve particular attention, and they are so simple that even a child can learn them. A constant supply of pure fresh air is indispensable to good health.

Perfect cleanliness is also essential. The skin is full of minute pores, cells, blood vessels and nerves. It “breathes” the way the lungs do. Therefore, it should always be clean. Besides, it is importance to health, there is a great charm in cleanliness. We like to look at one who is tidy and clean. If the skin is kept clean, the teeth thoroughly brushed, the hair neatly combed, and the fingernails in order, we feel pleased with the person. A certain amount of exercise is necessary to keep the body in perfect condition. The best way of getting exercise is to engage in some work that is useful and at the same time interesting to the mind. It is most essential for the old and the young go to morning exercises with the windows wide open in your room or, if possible, in the open air.

Most essential to our body is food. Our body is continually wasting energy, and it requires to be repaired by fresh substance. Therefore food, which is to repair the loss, should be taken with due regard to the exercise and waste of the body.

Be moderate in eating. If you eat slowly, you will not overeat. Never swallow your food wholesale – you are provided with teeth for the purpose of chewing your food – and you will never complain of indigestion. We should abstain (утримуватися) from everything that intoxicates. The evils of intemperance, especially of alcohol, are too well known.

Thus we must remember that moderation in eating and drinking, reasonable hours of labour and study, regularity in exercise, recreation and rest, cleanliness and many others essentials lay in foundations for good health and long life.

Note:

abstain - утримуватися

indispensable – незамінний

thoroughly – старанно

intemperance - нестриманість

1. Тримати своє тіло у відмінному здоров'ї; 2. Заслуговує особливої уваги; 3. Постійне забезпечення чистим свіжим повітрям; 4. Є незамінним для хорошого здоров'я; 5. Ідеальна чистота; 6. Шкіра повна м'яких пор; 7. Кровеносні судини і нерви; 8. Є величезна чарівність в чистоті; 9. Охайний і чистий; 10. Старанно почищені зуби; 11. Акуратно зачесане волосся; 12. Нігті в порядку; 13. Певна кількість вправ; 14. Підтримувати тіло у відмінному стані; 15. Займатися ранковою зарядкою при відкритих вікнах;.

2. Complete the sentences.

1. A constant supply of pure fresh air is ... (necessary/recommended) to good health.
2. (Ideal/ essential) ... cleanliness is also essential.
3. It is ... (seriously/ possibilities) to health to be in cleanliness.
4. A certain amount of ... (study/ drill) is necessary to keep the body in perfect condition.
5. Most essential to our body is ... (training/eating)
6. Be ... (measurable/fast) in eating.

3. Answer the questions.

1. What is the one of the first duties before yourself?
2. There are certain laws of health, aren't they?
3. What does mean the pure fresh air for our health?
4. Is it necessary to be tidy and clean for our health?
5. What means to be moderate in eating?
6. Is alcohol and smoking essential for your health?

4. Tick the sentence "True" or "False"

1. A constant providing of pure fresh air is indispensable to good health.
2. The skin "breathes" the way the man does.
3. We like to look at one who chews his food.
4. A grate amount of different food is necessary to keep the body in perfect condition.
5. The best way of getting exercise is to go to the sport ground or in the swimming – pool.
6. We must remember that moderation in eating and drinking is one of the many essentials lay in foundations for good health and long life.

Lesson 111
Reading
Test

Variant 2

Exercise 1. Read the text and understand it. Than right out the English equivalents of the word – combinations to the Ukrainian ones.

Text. Samuel Bradley's Letter's to his Friend Joseph Arnolds

Hi, Loose, my old friend.

I write this letter to you to share my opinion on the problem of health protection and doctors. Having analyzed the state of my health, I've come to the conclusion that our doctors know nothing about how to cure their patients. I used to visit my physician for an annual check – up and he always told I was healthy. But in fact, he could hardly imagine how badly ill I was. I've discovered the fact of my illness myself after I happened to buy a very useful book, called "Medical Encyclopedia". Almost every possible disease is described in it. I studied the symptoms of different illnesses and found out that I have almost all of them.

At first I examined my eyes, nose and throat and it appeared that I'd got quinsy (гострий тонзиліт), asthma, influenza, sore throat and cold. At the same time, I was half blind and deaf (глухий). Then I pulped my arms and legs and found that they all had been dislocated and even broken at least once (and my Doctor didn't notice that!). After I've studied the symptoms of the most common infections diseases. I was struck (я був вражений) by the fact that I undoubtedly (безсумнівно) had mumps and typhoid, fever, smallpox and measles, tuberculosis and diphtheria – just all of them except plague (чума) and cholera. Besides, I suffer from rheumatism, bronchitis, indigestion, diabetes, stomach – ulcer, running nose, nausea, and insomnia (безсоння). Moreover, I often *felt giddy* (запаморочення) when I had to pay for Juliet's new dresses and hats (last month I almost had a heart attack, because she spent my month salary on her new boots) so, you see, Jose, I felt more died than alive. To crown it all I discovered that I was allergic to all medicines, so I couldn't take any pills, tablets or mixtures and therefore, had no chance to recover.

1. захист здоров'я; 2. аналізуючи стан мого здоров'я; 3. щорічний медичний огляд; 4. «Медична енциклопедія»; 5. симптоми різних захворювань; 6. хворе горло; 7. напівсліпий і глухий; 8. вивихнуті і навіть зламані; 9. симптоми найпоширеніших інфекційних хвороб; 10. без сумніву у мене була свинка; 11. віспа і кір; 12. Я страждаю від виразки шлунку; 13. Я часто відчуваю запаморочення; 14. Більше мертвий ніж живий; 14. серцевий напад; 15. алергія до всіх медикаментів; 16. не мав шансу видужати.

2. Complete the following sentences.

1. I write this letter to you to share my opinion on the problem of ... (health care/ health protection and doctors / health protection).

2. Samuel Bradley have come to conclusion that ... (the doctors know nothing about illnesses of their patients/ the doctors know nothing about the treatment of their patients/ the doctors know everything about the treatment of their patients)
3. I studied the symptoms of different illnesses and found out that (I am almost healthy/I have almost all of them/I have some of them).
4. Mrs. Bradley has found that his arms and lags are ... (have broken /dislocated/ had been dislocated and even broken).
5. Samuel Bradley ... (suffers/ has suffered/ has been suffering) from rheumatism, bronchitis, indigestion and others diseases.
6. Almost every possible disease is described in (The History of Diseases/ Medical Encyclopedia/The Theory of Diseases)

3. Answer the questions.

1. Samuel Bradley shares his opinions on the problem of health protection and doctors, doesn't he?
2. When he has discovered that he had different illnesses?
3. What diseases Mr. Bradley had discovered in yourself?
4. Did he first examine his eyes?
5. What did he thought about his legs and arms?
6. Was he allergic to all medicines?

4. Tick the sentence "True" or "False"

1. I used to visit my physician every day and he always told I was healthful.
2. I've discovered the fact of my illness myself after I bought a very useful book, called "Medical Encyclopedia".
3. Having examined my eyes, throat and nose I have made conclusion that I was almost healthy.
4. "Medical Encyclopedia" helps Samuel Bradley to discover diseases.
5. He believes that the doctors know how to cure their patients.
6. Samuel Bradley is perfectly healthy.

Lesson 112

Test

1 variant

I. Match the English and Ukrainian equivalents.

- | | |
|---------------------------------------|--|
| 1. Healthy lifestyle - | a. піклування про фігуру |
| 2. Daily regime - | b. погані звички |
| 3. The pleasure from favorite meals - | c. здоровий спосіб життя |
| 4. Being not addicted to Bad habits - | d. задоволення від улюбленої їжі |
| 5. Keeping fit - | e. хороший настрій |
| 6. Good mood - | f. не будучи залежним від поганих звичок |

Complete the words with the proper letters and translate them into Ukrainian.

Ta ... let, vit...m...n, d...inking, illn...ss, a...lergy, dru...s, pre...cripti...n, mum...s, p...ti...nt.

Total mark - 3

II. Put the proper words from the box into the gaps.

a. Skin; b. "breathes"; c. fingernails; d. tidy; e. be clean; f. brushed; g. cleanliness; h. importance; i. cells;

Perfect 1 g is also essential. The skin is full of minute pores, 2 , blood vessels and nerves. It 3 the way the lungs do. Therefore, it should always 4 . Besides, it is 5 to health, there is a great charm in cleanliness. We like to look at one who is 6 and clean. If the 7 is kept clean, the teeth thoroughly 8 , the hair neatly combed, and the 9 in order, we feel pleased with the person.

Total mark - 6

III. Translate into English.

1. Як я можу вам допомогти?
2. У мене запис на 2 годину.
3. Я був у цього лікаря вже два рази.
4. У вас є медична карта?
5. Ні, я новий пацієнт.
6. Можна дізнатися вашу адресу і номер телефону?

Total mark - 9

IV. Make up a story "People's lifestyle"

Total mark - 12

Lesson 112

Test

2 variant

I. Match the English and Ukrainian equivalents.

- | | |
|---|---|
| 1. Healthy lifestyle habits - | a. правильно вибрана їжа |
| 2. Five key aspects of improving smb. lifestyle - | b. велике і постійне відчуття щастя |
| 3. Great and constant feeling of happiness - | c. звички здорового стилю життя |
| 4. Enough of sleeping hours - | d. п'ять ключових аспектів покращення стилю життя |
| 5. A well – balanced diet - | e. достатня кількість годин для сну |
| 6. Properly selected food - | f. добре збалансована дієта |

Complete the words with the proper letters and translate them into Ukrainian

Ha...it, c... re, m...dic...ne, pil...s, ast...ma, a...bul...nce, heal...hy, do...tor, slip...ing.

Total mark - 3

II. Put the proper words from the box into the gaps.

a. patients; b. told; c. conclusion; d. an annual check – up; e. protection; f. health; g. badly; h. opinion; i. fact

I write this letter to you to share my 1 ___ on the problem of health 2 ___ and doctors. Having analyzed the state of my 3 ___, I've come to the 4 ___ that our doctors know nothing about how to cure their 5 ___. I used to visit my physician for an 6 ___ and he always 7 ___ I was healthy. But in 8 ___, he could hardly imagine how 9 ___ ill I was.

Total mark - 6

III. Translate into English.

1. Я можу вам допомогти?
2. Чи могли б ви заповнити форму?
3. Лікар Сміт згодом вас огляне.
4. Присядьте, будь – ласка.
5. Можна вашу медичну карту?
6. Зачекайте, лікар вас визве.

Total mark – 9

IV. Make up the story “People’s habits”

Total mark – 12

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Додатки

HO1 Useful phrases to the topic “HEALTHY LIFESTYLE”

<ol style="list-style-type: none">1. Health is so important for us.2. Bad health often means earlier death.3. We can't think that health is important.4. Leading a healthy life isn't always easy.5. Ones we want to give up a bad habit, we meet lots of obstacles.6. It is very important to look after out health.7. I wouldn't like to be addicted to drinking or smoking.8. It's almost impossible to give up all our bad habits at once.9. First of all we should understand the harm of smoking and drinking. Secondly, sport can improve our health significantly.10. Healthy life concerns our body, mind, soul and spirit.11. We should avoid getting worried for no reason.12. If we want to loose weight, we can jogging.13. It is often said that it works much better than any kind of medicine.14. Health and our attractive appearance isn't the same. If we are very strong, it doesn't mean that we are healthy.	<ol style="list-style-type: none">1. Здоров'я дуже важливе для нас.2. Погане здоров'я часто означає ранню смерть.3. Ми не можемо думати, що здоров'я не важливе для нас.4. Вести здоровий спосіб життя – не завжди легко.5. Як тільки ми хочемо кинути погану звичку, ми зустрічаємо багато перешкод.6. Дуже важливо слідкувати за нашим здоров'ям.7. Я не хотів би бути залежним від випивки і куріння.8. Майже не можливо кинути всі наші погані звички зразу.9. Спочатку всім нам слід зрозуміти шкідливість куріння і випивки. По – друге, спорт може значно покращити наше здоров'я.10. Здоровий спосіб життя торкається нашого розуму, тіла і душі.11. Нам слід уникати хвилюватися без усякої причини.12. Якщо ми хочемо втратити вагу ми можемо вийти на пробіжку.13. Часто кажуть, що це працює краще ніж будь – які ліки.14. Здоров'я і наша приваблива зовнішність не одне й те саме. Якщо ви сильні, це не означає , що ви здорові.
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H02 Health Quotations

“So many people spend their health gaining wealth, and then have to spend their wealth to regain their health” - A.J. Materi

“To lengthen thy life, lessen thy meals” – Benjamin Franklin

“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health” – Hippocrates

“Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning”. - Thomas Jefferson

“Health is the greatest of all possessions; a pale cobbler is better than a sick king”. – Isaac Bickerstaff

“He who enjoys good health is rich in, though he knows it not”. – Italian Proverb

“The ingredients of health and long life are great temperance, open air, easy labor, and little care”. - Sir Philip Sidney

“Be careful about reading health book. You may die of a misprint”. – Mark Twain

“The best of all medicines is resting and fasting”.- Benjamin Franklin

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it”. – Plato

“The greatest wealth is health”. – Virgil

“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life”. – William Londen

“It’s not food if it arrived through the window of your car.” – Michael Pollan

“Our food should be our medicine and our medicine should be our food”.- Hippocrates

“Too many people confine their exercise to jumping to conclusions, running up bills, stretching the truth, bending over backward, lying down on the job, sidestepping responsibility and pushing their luck.” – Author Unknown

H03 Jazz - chant

How's Jack?

Hi! How *are* you?

Fine. How *are you*?

I'm fine. How's Bill?

He's fine.

How's Mary?

She's fine.

How are the children?

They're fine.

How's your job?

It's fine.

How's Jack?

He's sick!

Oh no!

Аудіювання

Lesson 110, с.

Dialogue: Accident

Grandpa: Sam, take me to the hospital.

Sam: I am too young to drive. I'll call the ambulance.

(Sam has dialed the emergency hotline.)

Dispatcher: Hello, this is the emergency hotline.

Sam: Hi, my name is Sam Hudson. I live at 242 South Whitaker Street. I think my grandfather is having a heart attack.

Dispatcher: All right, Sam, I'm sending the emergency services right now. What symptoms does he have?

Sam: He is breathing heavily and clutching his chest and he is complaining of a pain running down his left arm.

Dispatcher: Sam, does he have a history of other diseases?

Sam: He is a smoker and he has high blood pressure.

Dispatcher: All right, I want you to hang up now and call your parents to tell them what has happened.

Sam: Okay, I will. But first I have to open the door for the ambulance.

Note:

To breathe heavily – важко дихати

Emergency service - екстрена допомога

Lesson 109, p. 14

Dialogue: Where does it hurt?

Dr. Atkins: Well, Rodger, how are you today?

Rodger: Not too well. I am suffering from aches and pains all over my body.

Dr. Atkins: Did you hurt yourself somehow? A recent injury, perhaps? And have you had yourself immunized against flu this year?

Rodger: Yes, I fell from the bike a few weeks ago, but I think it's unrelated. I got the flu shot month ago.

Dr. Atkins: Let's examine you and see what's happening. Open your eyes, please. Ah, they are a bit bloodshot. And your mouth? That seems in order ... now your ears. They are also good. Any other bodily complaints?

Rodger: Overall, I feel lethargic. I'm having migraines, my stomach hurts all the time and I had to vomit.

Dr. Atkins: Roger, I think I want to run some tests on you. I'm going to refer you to a specialist. I'm not going to prescribe medication yet until we get the results.

Note:

Lethargic – апатичний, в'ялий

Migraines – мігрень

to vomit - тошнить

Poems

On a Diet

First she gave up smoking,
Then she gave up gin,
Then she gave up chocolate cake,
She wanted to be thin.

Then she gave up breakfast
Then she gave up lunch
On lazy Sunday morning
She even gave up brunch

No matter what she gave up,
Her skirts are very tight,
Cause she ate twelve cans of tuna fish
For dinner every night.

Veggies are the best,
They help you pass that school test,
Fruits are really good,
They keep you healthy like they should,
Protein like beans and meat,
Are really tasty to eat,
Junk food is bad,
It makes all your insides real sad,
So next time you go to eat,
Have yourself a healthy treat!

Three, six, nine
The doctor's line
I'll come round in five minutes time.

It's five to nine
I'm here on time
A nice cup of tea you'll be fine.

Three, six, nine
The doctor's line
Please call again another time.