



Health.
Visiting a
doctor.



Health is very important



Absence - отсутствие
active - активный
angry - сердитый
aspect - аспект
attitude - отношение
bad - плохой
birth - рождение
contribution - вклад
depend - зависеть
diet - питание ,диета
eat - есть, кушать
energy - энергия
extra - дополнительный
fibre - волокно
habit - привычка
instead - вместо
junk food- неполноценная еда

kidney -почка (орган)
kind-heartedness -доброта
lifestyle -стиль жизни
lift -н. лифт, и. поднимать
map -карта
medical - медицинский
nutrition - питание
optimism- оптимизм
philosopher -философ
possible - возможный
recommend -рекомендовать
restore - восстанавливать
ruin - разрушать
show - показывать
smoke - дым, и курить
stairs - лестница
temper - нрав, настроение
threshold – порог
vitamin - витамин
weight - вес

Visiting a doctor



illness - заболевание

study - кабинет

headache - головная боль

lasting – длится

besides - кроме того

coughing - кашляю

evidently - вероятно

caught a cold - подхватил простуду

have a sore throat - болит горло

take your temperature - измерять температуру

insomnia – бессонница

aftereffects – последствия

lungs - легкие

write out some prescriptions for pills and tonic - выпишу рецепт на
таблетки и укрепляющие средства

to be run down – истощён

a nervous breakdown - нервный срыв



1



Do you usually do morning exercises?

2



What do you have for
breakfast?

3



Do you often eat
junk food?

4



Will you go to see a doctor if you have a sore throat?

5



What temperature is supposed to be normal?

6



Is it necessary to
drink pure water?

7

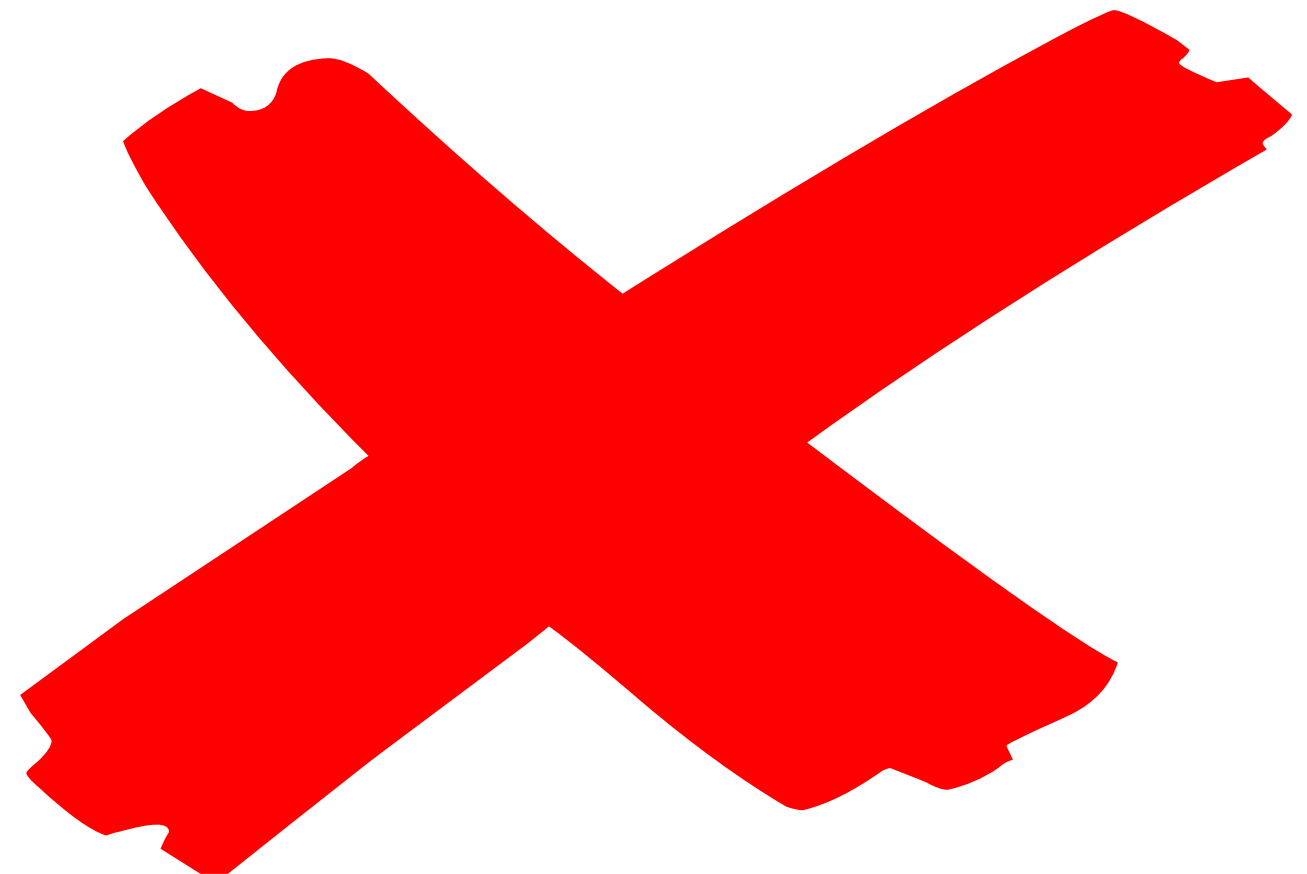


Is it necessary to follow doctor's advice?

Should –
следует



Shouldn't –
не следует





1. You ... eat vegetables and fruit.
2. You ... drink hot milk and honey.
3. You ... eat unfresh food.
4. You ... sleep 8 hours a day.
5. You ... get wet in rainy weather.
6. You ... do morning exercises.
7. You ... walk too much in cold weather.
8. You ... drink cold water.
9. You ... air the room.
10. You ... consult a doctor every 3 months.
11. You ... drink much coffee.
12. You ... eat a lot of sweets (salt).
13. You ... watch TV too much.



“

An apple a day keeps the
doctor away

”

Proverb

