

Английский язык

7 класс

Дата 12.05.2022

Тема: « Важность здоровья»

Thursday, 12 nd of May
Classwork

Прочитать и перевести текст Health Matters (Важность здоровья) р. 12 в конце учебника. Выписать новые слова в словарь.



We met so many families in Russia and learnt so much about their habits and traditions, for example, many common foods and herbs are used to cure various illnesses. Here is a page from one of the books we found.

Spotlight on Russia examines traditional Russian folk medicine

Headache:

- Try rubbing your temples with some grated lemon peel.
- Slice a potato and place the slices around your head. Tie a scarf or a bandage around your head to hold the slices in place.
- If you think your headache is from thinking too hard, eat some herring.
- Boil some milk. Beat an egg and pour it over the milk. Stir it quickly and then drink it. You must repeat this for several days.

Toothache:

- Place a slice of fresh beet on the tooth that bothers you.
- Chop an onion into very small pieces. Wrap the onion in a gauze bandage and place it inside your ear on the opposite side of your head where the toothache is.
- Chop a turnip into small pieces. Pour one cup of boiling water over the turnip and boil for 15 minutes. Drink the mixture before bed.

Sore throat:

- Mix chopped onion, apples and some honey. Eat 2 teaspoons of the mixture 3 times per day.
- Boil a cup of milk. Add 2 tablespoons of honey and mix well. Drink the mixture while it is warm.
- Rinse your mouth and throat with a mixture of beet juice and vinegar. Do this 5-6 times per day.
- Chop 100 grams of garlic. Boil 1/4 cup of water. Add the garlic to the water after the water has cooled a bit. Cover the mixture and let it sit for 5-6 hours. Remove the garlic. Gargle with the liquid.

***Remember! Always consult a doctor before trying any home remedies!**

We wish you good health and hope to hear from you, or see you, next year.

Выполненные задания сфотографировать и прислать на электронный адрес : natka132919@mail.ru , или вайбер 0713345729