

Группа: ТЭК 1/2
Дата проведения: 16.03.2023 г.
Специальность: 38.02.05 Товароведение и экспертиза качества потребительских товаров
Дисциплина: ОУД.03 Иностранный язык
Тема занятия: Опасность. Заболевания

Цели занятия:

Дидактическая: углубить и расширить знания и представления студентов по теме;

Развивающая: развивать творческий потенциал студентов;

Воспитательная: воспитывать стремление к совершенствованию английского языка; воспитывать умение работать самостоятельно.

Вид занятия: практическое занятие

Основная литература:

Агабекян И.П. Английский язык для ссузов: учебное пособие. – Москва: Проспект, 2015. – 288 с.

Дополнительная литература: Интернет-ресурсы.

<https://www.youtube.com/watch?v=LtEWNxGtvZQ>

Домашнее задание

1. Вспомните лексику по теме

disease - заболевание

feel (pretty) bad — чувствовать себя (очень) плохо

be ill — болеть

illness — болезнь (общее слово)

decease — заболевание, которое длится продолжительное время

ache — 1. боль, 2. болеть

earache, toothache, backache, stomachache — боль в ухе, зубная боль, боль в спине, в животе

pain — боль

a pain in the leg, a pain in the heart, a pain in the neck, etc. — боль в ноге, сердце, шее

hurt — ударить, ушибить

break — сломать

a cold — простуда

the flu — грипп
have a (bad) cold — болеть простудой
catch a cold — простудиться
have a sore throat — болит горло
cough — кашель
have a high temperature (to run a temperature) — иметь высокую температуру
have a running nose — течь из носа
sneeze — чихать
have a stuffy nose — заложен нос
medicine — лекарство
take a medicine for — принимать лекарство от
call a doctor — вызвать врача
go to the chemist's — пойти в аптеку
treatment — лечение
accident — несчастный случай
ambulance — скорая помощь
blood — кровь
bleeding — кровотечение
wound — рана
injury — травма

2. **Письменно** распределите слова по двум колонкам.

To be healthy...

We must	We must not

smoke; wash hands; clean the house; eat too much; drink the alcohol; eat the snow; breathe in fresh air; go in for sport; eat fruit and vegetables; do morning exercises; eat too many sweets; go to bed late; keep our body clean; be sleepy; sleep eight hours; visit the doctor regularly; clean the teeth; have a bad cold; drink very cold water.

3. **Прочитайте текст.**

Health and diseases

People nowadays are more health-conscious than they used to be. They understand that good health is above wealth.

To be healthy we should avoid different bad habits that can affect our health. In my opinion, smoking and drinking too much alcohol, are the worst ones. It's common knowledge that smoking and drinking can shorten our lives dramatically. Smoking, for example, causes a number of heart and lung diseases, such as pneumonia, emphysema and cancer. Besides, it makes your teeth yellow and skin unhealthy. Fortunately, in recent years

smoking has received a lot of bad publicity, and fewer people smoke nowadays. Some companies don't employ people who are smokers. Smoking has been banned in most public places because everyone agrees it does harm to our health. I don't smoke, because I don't want to have unhealthy skin and teeth and die young.

Smoking and drinking are joined by less dangerous habits, such as skipping meals, eating unhealthy food, or even overeating. Of course, they are not quite as deadly as smoking or drinking alcohol, but they also affect our health.

If we eat too much, we'll become obese, and obesity leads to serious health problems. A lot of people like drinking coca cola and coffee, and enjoy pizzas and hamburgers. But what is tasty is not always healthy.

In recent years eating habits have undergone a change. People are encouraged to eat less fat and more fibre. Fat is believed to be one of the major causes of obesity and heart disease. High fibre and low fat foods can now be found in all shops and supermarkets. Salads, beans, and fruit have taken the place of steak and ice cream. The fashion for health food is growing all the time.

To my mind, the only way to stay healthy and to keep fit is by going in for sports. Among the benefits of regular exercise are a healthier heart, stronger bones, quicker reaction times and more resistance to various illnesses. Besides, you can eat and drink as much as you want because you are burning it all off.

To be healthy, it is also very important to spend a lot of time in the open air. It is useful to go for a walk before going to bed, or to air the room.

Personally I believe that regularity in life promotes our health. Sleeping eight or nine hours, getting up early, regular meals, a healthy diet and go.

Письменно дополните предложения по тексту.

1. To be healthy we should ...
2. It's common knowledge thatand ... can shorten our lives dramatically.
3. Smoking, for example, causes a number of ...
4. People are encouraged to eat less ... and more
5. Among the benefits of regular exercise are ...

3. Посмотрите видео.

Письменно ответьте на вопросы

What is health?

What is a disease?

<https://www.youtube.com/watch?v=thAyrNpD77A>

Фото выполненных заданий высылаем на почту

yulichka.kosova.1998@mail.ru

**В письме обязательно указать фамилию, группу, число, за которое
сделали домашнее задание!**

Выполненное задание отправить до 17.03.2023!