

**DONBAS STATE PEDAGOGICAL UNIVERSITY  
DEPARTMENT OF FOREIGN LANGUAGES**

Навчально-методичний посібник для самостійної роботи

# **English for future rehabilitologists**

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## ПЕРЕДМОВА

В наш час важливість вивчення іноземної мови як ніколи актуальна. Пов'язано це з затребуваністю іноземної мови як в повсякденному, так і діловому спілкуванні з іноземними партнерами або ж просто з іноземцями.

Вивчення іноземної мови в педагогічному вузі сприяє розвитку особистих професійних якостей, підвищує освітній рівень і розширює кругозір майбутнього фахівця, стимулює на постійний саморозвиток і самозбагачення особи через входження у світ іншої мови.

Однією з провідних гуманітарних дисциплін, що входить в обов'язкову навчальну програму усіх українських вищих навчальних закладів, є «Іноземна мова за професійним спрямуванням». Вивчення курсу цієї дисципліни дає змогу здобувачу засвоїти необхідний теоретичний, практичний та лексичний матеріал.

Навчально-методичний посібник для самостійної роботи «English for future rehabilitologists» призначений для здобувачів I курсу Донбаського державного педагогічного університету факультету фізичного виховання, які продовжують вивчати англійську мову на базі отриманих знань, передбачені обсягом шкільної програми загальноосвітньої середньої школи.

Мета посібника – сформувати у здобувачів навички і вміння різних видів читання і говоріння, розвинути здатності отримувати та інтерпретувати інформацію, що міститься в оригінальних професійних текстах. У цьому навчальному виданні приділяється увага роботі з текстом як носієм інформації і одиницею ділової комунікації, що сприятиме розширенню активного і пасивного словникового запасу під час самостійної роботи студентів .

Навчально-методичний посібник «English for future rehabilitologists» для самостійної роботи побудовано за принципом взаємозв'язаного навчання видам мовленнєвої діяльності на професійно-орієнтованому матеріалі відповідно до вимог чинної програми з іноземної мови для нефілологічних факультетів.

Даний навчально-методичний посібник складається з трьох розділів. До першого розділу входять професійно-орієнтовані тексти з вправами, які сприятимуть закріпленню набутих знань та навичок мовлення. Другий розділ містить граматичний матеріал до тем – іменник, прикметник та система часу. Комплекс вправ, що надається для закріплення кожної граматичної теми, сприяє ефективному засвоєнню граматичного матеріалу та розвитку граматичних навичок під час роботи вдома. Третій розділ складається з тестів, які дають змогу визначити рівень знань здобувачів на основі пропонованого матеріалу.

Різноманітний пізнавальний і інформативний матеріал цього навчального видання орієнтований на самостійну роботу здобувачів з іншомовними автентичними текстами та граматичним матеріалом.

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## UNIT 1. PROFESSIONALLY ORIENTED TEXTS

### Human Body

**Text: *Human Body***

#### PRE-TEXT ASSIGNMENTS

**Exercise 1. Read and learn the new words.**

Limb	[ˈlɪm]	кінцівка
Palate	[ˈpælɪt]	піднебіння
Heart	[ˈhɑːt]	серце
Thumb	[θʌm]	великий палець
To smell	[ˈsmel]	відчувати запах
Tongue	[ˈtʌŋ]	язик
Stomach	[ˈstʌmək]	шлунок
Injury	[ˈɪndʒəri]	ушкодження
Wrist	[rɪst]	зап'ясток
Buttocks	[ˈbʌtək]	сідниці
Forehead	[ˈfoʊhed]	чоло

**Exercise 2. Read the following word combinations and translate them into Ukrainian.**

#### **Injury**

Occupational injury, sports injury, intentional injury, soft tissue injury, brain injury, the cause of injury.

He escaped from the accident without injury.

#### **To breathe**

To breathe in, to breathe out, to breathe easily/freely, to breathe one's last, a natural fabric that breathes. Give me a moment to breathe. Don't breathe a word of this.

#### **Surface**

Outer surface, interior surface, facial surface, buccal surface, masticatory surface, lingual surface, superficial.

#### **Extremity**

Upper extremity, lower extremity, complex extremity trauma. It is important to keep the extremities warm. Extremity angiography is a test used to see the arteries in the hands, arms, feet, or legs.

**Exercise 3. Read the meaning of the following affixes and give your own examples.**

Affix	Meaning	Examples	Your examples
Neuro-	Nerve	Neurosurgery	

cardi/o-	Heart	Cardiology	
-y	condition or process	Surgery	
lip(o)-	Fat	Liposuction	
-oma	Tumor	Carcinoma	
a-	not, without	<u>analgesic, apathy</u>	

**Exercise 4. Read and translate the text.**

**HUMAN BODY**

The principal parts of the human body are the head, the trunk, and limbs (extremities).

The head consists of 2 parts: the skull contains the brain and the face including the forehead, the eyes, nose, the mouth, the cheeks, the ears and the chin.

Each eye has the eyelids and the eyelashes that grow along the edge of the eyelids. There are the eyebrows over our eyes. The eyes serve as the organ of sight.

The nose is the organ of smell through which we breathe.

The ear includes 3 principal parts: the external ear, the middle ear and the internal ear.

The mouth has 2 lips: the upper and the lower lip. The tongue which is the organ of taste, teeth and hard and soft palates are located in the mouth.

The head is connected with the trunk by the neck.

The upper part of the trunk is the chest. The principal organs in the chest are the lungs, the heart and the esophagus (gullet).

The lower part of the trunk called abdomen consists of the stomach, the liver, the spleen, the intestines, the kidneys, the gallbladder and the bladder.

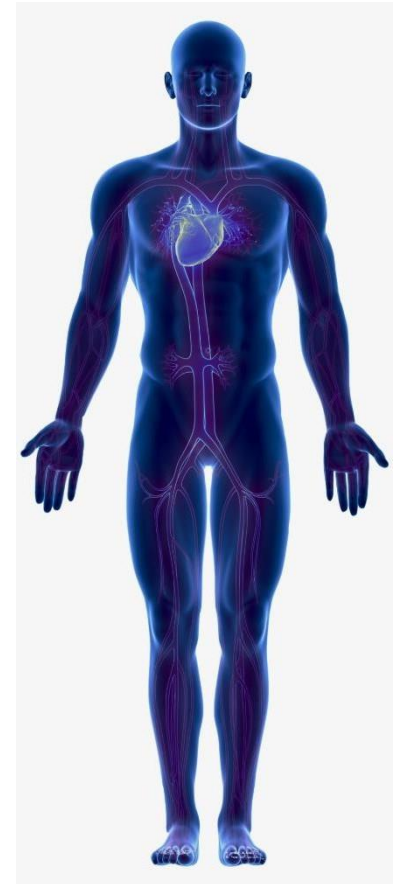
The surface of the body from the neck to the buttocks is called the back.

The waist is the narrow middle part of the body above the hips.

When we speak of the upper extremity we mean the arm. The upper extremity is connected with the chest by the shoulder consists of the upper arm, the forearm, the elbow, the wrist and the hand. We have 5 fingers on each hand. A short finger set apart from the other is called the thumb. The lower extremity called the leg consists of the hip (thigh), the knee, the calf, the ankle and the foot. The foot is composed of the toes, the heel, the sole and the arch. The nail is a hard part at the end of a toe and finger.

The framework of bones called the skeleton supports the soft parts and protects the organs from injury. The bones are covered with muscles.

The body is covered with the skin.



## POST-TEXT ASSIGNMENTS

### Exercise 5. Answer the questions:

1. What are the principal parts of the human body?
2. What does the face include?
3. What is the organ of taste?
4. Where do eyelashes grow?
5. What do we breathe through?
6. What are the principal organs in the chest?
7. What does the upper/lower extremity consist of?
8. What supports the soft parts and protects the organs from injury?

### Exercise 6. Translate the following words and word combinations.

Орган зору, мозок, спина, брови, коліно та щиколка, серце та легені, ступня, бути вкритим шкірою, шлунок та кишечник, зап'ясток та кисть, стегно, захищати органи від ушкоджень, нирки та селезінка, поверхня тіла, тверде та м'яке піднебіння, нижня кінцівка, сідниці, орган нюху, на краях повік.

### Exercise 7. Fill in the gaps.

1. The bones are covered with\_\_\_\_\_.
2. When we speak of the upper extremity we mean \_\_\_\_\_.
3. The \_\_\_\_\_is the narrow middle part of the body above the hips.
4. The upper part of the trunk is the \_\_\_\_\_.
5. The head is connected with the the \_\_\_\_\_by the neck.
6. The \_\_\_\_\_ is the organ of taste.
7. The mouth has 2 \_\_\_\_\_: the upper \_\_\_\_\_and the lower \_\_\_\_\_.
8. The nose is the organ of \_\_\_\_\_through which we breathe.

### Exercise 8. Put the questions to the underlined parts of the sentence.

1. Some strange rash has covered both his palms and feet.
2. His tongue was coated.
3. The National Kidney Foundation is the leading organization in the U.S. dedicated to the prevention and treatment of kidney disease
4. Eyelashes protect the eye from debris.
5. All placental mammals have a navel.
6. Each toe consists of three phalanx bones.
7. The skin that is covered by your nail is known as a nail bed.
8. During the past 30 to 40 years, doctors have noted an increase in the number and severity of broken ankles

### Exercise 9. Open the brackets using the verbs in the correct form and translate the sentences into Ukrainian.

1. The woman's heart (to be) slightly enlarged.
2. Wrist pain with bruising and swelling can (to be) a sign of injury.
3. Breastfeeding (to lower) the baby's risk of having asthma or allergies.

4. Indigestion and heartburn (to be) common problems.
5. A dislocation (to occur) when the bones of the knee are out of place, either completely or partially.
6. The Achilles tendon (to connect) the calf muscle to the heel bone.
7. In this female a bad heart disease (to follow) by dyspnea.
8. He (hurt) his back playing tennis.

**Exercise 10. Fill the blanks with prepositions**

1. There are eyebrows ... our eyes.
2. The nose is the organ ... smell ... which we breathe.
3. The head is connected ... the trunk ... the neck.
4. The teeth are located ... the mouth.
5. We have 5 fingers ... each hand.
6. The skeleton protects the organs ... injury.
7. The body is covered ... the skin.
8. A short finger set apart ... the other is called the thumb

## SYSTEMS OF THE BODY

**Text: *Systems of the body***

### PRE-TEXT ASSIGNMENTS

**Exercise 1. Practice the pronunciation of the following words. Translate them:**

1. Muscular	[ˈmʌskjʊlə]	м'язовий
2. Circulatory	[ˈsə:kjʊlətəri]	циркуляційний, кровеносний
3. Digestive	[diˈdʒɛstɪv]	травний
4. Respiratory	[rɪsˈpaɪərətəri]	дихальний
5. Urinary	[ˈjuərɪnəri]	сечовий
6. Associate	[əˈsəʊʃieɪt]	об'єднаний, супутний
7. Blood	[blʌd]	кров
8. Nitrogenous	[ˈnaɪtrɒdʒɪnəs]	азотний
9. Urethra	[juəˈri:θrə]	сечовипускальний канал, уретра
10. carbon dioxide	[ˈkɑ:bən daɪˈɒksaɪd]	вуглекислий газ
11. to remove	[rɪmu:v]	видаляти
12. to discharge	[dɪstʃɑ:dʒ]	виділяти

**Exercise 2. Read the following word-combinations and translate them:**

#### ***Wastes***

Cellular wastes, to remove wastes, removal of metabolic wastes, Bio Medical Waste (BMW), body waste.

#### ***System***

Main systems of the body, the skeletal system, the muscular system, the nervous system, the circulatory system, the digestive system, the respiratory system, the urinary system, the endocrine system, the reproductive systems.

#### ***Nutrients***

Types of nutrient, essential nutrient, non-essential nutrient, macronutrient, nutrient solution.

#### ***Bloodstream***

Bloodstream, to be carried away by the bloodstream, to enter the bloodstream, bloodstream infections, bloodstream infections symptoms.

**Lung**

Lung diseases, to consist of two lungs, to convey oxygen to the lungs, lung spaces.

**Exercise 3.**

α) Fill in the table using the words and word-combinations given below.

Give your example with the following affixes and roots.

<b>dermat/o</b>		<b>Nephron</b>	
<b>gastr/o</b>		<b>Neuro</b>	
<b>gynec/o</b>		<b>Cardio</b>	
<b>hydr/o</b>		<b>vascul/o</b>	

Kidney, stomach, vessel, nerve, heart, skin, female, water.

**Exercise 4. Translate the following word combinations into Ukrainian**

Main systems, to regulate a large number of activities, to move us about, spinal cord, ganglia, materials produced by the cells, to be carried away by the blood stream, air passages, to convey oxygen to the lungs, to remove carbon dioxide, the lung spaces, the urinary bladder, chief function .

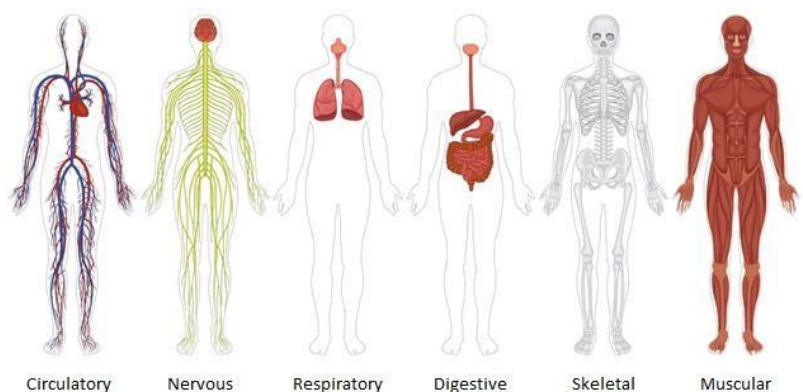
**Exercise 5. Read and translate the text:**

**SYSTEMS OF THE BODY**

System of the body is a group of organs that work together to perform a certain task. A group of systems composes an organism.

There are nine main systems of the body: the skeletal, the muscular, the nervous, the circulatory, the digestive, the respiratory, the urinary, the endocrine and the reproductive systems.

The skeletal system consists of the bones of the body and ligaments and cartilages, which join them. The chief function of the skeletal system is



structural.

The muscular system consists of the skeletal muscles and their associated structures. The main function of this system is to move us about.

The nervous system consists of the brain and spinal cord, nerves, ganglia and receptors. It is a complex information system with all the necessary means for receiving, processing, and communicating information.

The circulatory system consists of the heart and blood vessels and the blood, which is pumped through the blood vessels by the heart. Its function is chiefly that of transportation system: the nutrients, oxygen, and special substances which are required by cells are carried by the bloodstream; and the cellular wastes and sometimes other materials produced by the cells are carried away by the bloodstream.

The digestive system consists of the alimentary canal and a number of associated glands.

The respiratory system consists of the lungs, the air passages leading to them and associated structures. Its main function is to convey oxygen to the lungs, where it can enter the blood stream, and to remove carbon dioxide, which escapes from the blood into the lung spaces.

The urinary system consists of two kidneys, which produce urine by removing nitrogenous and other wastes from the blood: the two ureters, which convey the urine away from the kidneys; the urinary bladder, where the urine is stored until it is discharged; and the urethra through which the urine is discharged.

The endocrine system consists of a number of glands throughout the body which produce regulatory substances called hormones. The endocrine system serves to regulate a large number of activities.

## **POST-TEXT ASSIGNMENTS**

### **Exercise 6. Answer the questions.**

1. What are the main systems of the body?
2. What is the function of the skeletal system?

3. What is the function of the muscular systems?
4. What is carried by the blood-stream?
5. What is the function of the respiratory system?
6. What does the endocrine system serve for?
7. Where are the hormones produced?
8. What does the urinary system consist of?

**Exercise 7. Translate the following words and word combinations.**

Основні системи, січовий міхур, видаляти вуглекислий газ, переноситися кровотоком, головна функція, вироблятися клітинами, складна інформаційна система, обробляти інформацію, регулювати різноманітну діяльність, виводити січу з нирок, складатися з серця то кровоносних судин, доставляти кисень до легень, по всьому тілу, складатися з ряду залоз.

**Exercise 8. Match the terms with their explanations**

1. urine	a) A tough, elastic, fibrous connective tissue found in various parts of the body, such as the joints, outer ear, and larynx. A major constituent of the embryonic and young vertebrate skeleton, it is converted largely to bone with maturation.
2. blood	b) The waste product secreted by the kidneys that in mammals is a yellow to amber-colored, slightly acid fluid discharged from the body through the urethra.
3. cell	c) A group of nerve cells forming a nerve center, especially one located outside the brain or spinal cord.
4. nutrients	d) The fluid consisting of plasma, blood cells, and platelets that is circulated by the heart through the vertebrate vascular system, carrying oxygen and nutrients to and waste materials away from all body tissues
5. ganglia	e) The smallest structural unit of an organism that is capable of independent functioning, consisting of one or more nuclei, cytoplasm, and various organelles, all surrounded by a semipermeable cell membrane.
6. cartilage	f) A source of nourishment, especially a nourishing ingredient in a food.

**Exercise 9. Put questions to the underlined parts of the sentences.**

1. The skeletal system serves to move us about.
2. The circulatory system consists of the heart, the kidneys and blood vessels.
3. The respiratory system conveys oxygen to the lungs.

4. The endocrine system consists of a number of vessels.
5. The urine is stored in the urinary bladder.
6. There are nine main systems of the body.
7. The nutrients, oxygen, and special substances are carried by the blood stream.
8. Blood is pumped through the blood vessels by the heart.

**Exercise 10. Add either a noun or an adjective to get word combinations.**

- \_\_\_\_\_ system
- \_\_\_\_\_ muscles
- \_\_\_\_\_ cord
- \_\_\_\_\_ means
- \_\_\_\_\_ blood
- \_\_\_\_\_ wastes
- \_\_\_\_\_ canal
- \_\_\_\_\_ space
- \_\_\_\_\_ substances

**Exercise 11. Fill in the table**

	зв'язка	Nitrogenous	
wastes			регулювати
	Хрящ		нирки
	вуглекислий газ	blood stream	
substance			діяльність
	Кисень	store	
complex			сеча
join			легені

# THE SKELETON

**Text: *The Skeleton***

## PRE-TEXT ASSIGNMENTS:

### Exercise 1. Learn the new words:

1. spine (spinal column)	[spaɪn] [ˈspaɪnəl ˈkɒləm]	1. спинний хребет, хребетний стовп
2. rib	[rɪb]	2. ребро
3. bone marrow	[bəʊn ˈmærəʊ]	3. кістковий мозок
4. marrow cavity	[ˈmærəʊ ˈkævɪtɪ]	4. кістково-мозкова порожнина
5. cranial	[ˈkreɪniəl]	5. черепний
6. facial	[ˈfeɪʃəl]	6. лицевий
7. breastbone	[ˈbreɪst ˌbəʊn]	7. грудина
8. vertebra (pl. vertebrae)	[ˈvɜːtɪbrə] [ˈvɜːtɪbrɪ]	8. хребець хребці
9. cervical	[ˈsɜːvɪkəl]	9. шийний
10. thoracic	[θɔː ˈræsɪk]	10. грудний
11. lumbar	[ˈlʌmbə]	11. поперековий
12. coccyx	[ˈkɒksɪks]	12. куприк
13. pelvis	[ˈpɛlvɪs]	13. таз
14. joint	[dʒɔɪnt]	14. суглоб
15. cartilage	[ˈkɑːtɪlɪdʒ]	15. хрящ
16. ligament	[ˈlɪgəmənt]	16. зв'язка
17. Tendon	[ˈtendən]	17. сухожилля

**Exercise 2. Read the word combinations and sentences with the new words and translate them into Ukrainian:**

- **Cranial:** cranial bones; cerebro-cranial symptom; cranial nerves; cranial radiograph;

cranial X-ray. The bones of the skull consist of cranial and facial parts.

- **Facial:** anterior facial vein; bones of the facial skeleton; facial bones; facial asymmetry; facial muscles. The facial bones are the bones of the anterior and lower skull.
- **Cervical:** cervical artery; cervical glands; cervical nerves; cervical vertebra; deep cervical vein. There are seven cervical vertebrae in the spine.
- **Thoracic:** long thoracic artery; thoracic aorta; thoracic bones; thoracic cavity; thoracic organs. Thoracic vertebrae compose the middle segment of the spinal column, between the cervical vertebrae and the lumbar vertebrae.
- **Lumbar:** lumbar vein; lumbar part of spinal cord; lumbar puncture; lumbar region; lumbar vertebrae. The lumbar vertebrae are five vertebrae that make up the spine in the lower back.

**Exercise 3. Give adjectives for the following nouns (you will need to use a dictionary!):**

noun	adjective	noun	adjective
bone		Cartilage	
spine		Ligament	
skeleton		Muscle	
vertebra		cell	
pelvis		Blood	

**Exercise 4. Translate the word combinations into your language:**

the main support for the body; to give shape; to sit up straight; to protect the organs; to provide protection; to store calcium and fat; yellow bone marrow; red bone marrow; inside the marrow cavity of bones; three basic parts; axial skeleton; appendicular skeleton; comprised of bones; cervical vertebrae; thoracic vertebrae; sacral vertebrae; 12 pairs of ribs; the upper extremity; the lower extremity; total body weight; to vary between individuals; to fuse together.

**Exercise 5. Read and translate the text:**

## THE SKELETON

The skeleton is *constructed* of bones. Bones are important in five ways. First, bones are the main *support* for the body; they give your body shape, the bones that make up your spine allow you to sit up straight, the bones in your legs support the weight of your body so that you can stand up and so on. Another function of your skeleton is movement. Muscles are *attached* to bones and when muscles move, bones move. Third, bones protect the organs beneath them. The ribs provide protection for the lungs and heart. The skull protects the brain. Fourth, yellow bone marrow stores calcium and fat. Finally, bones are the location where blood cells are produced by the cells of the red bone marrow. Bone marrow is located inside the marrow cavity of bones.



The skeleton can be divided into three basic parts: skull, axial skeleton, and appendicular skeleton. The bones of the skull consist of cranial and facial parts. There are 26 bones in the skull.

The axial skeleton is comprised of the bones that support the trunk. The bones of the trunk are the spinal column or the spine and the chest (ribs and the breastbone). The spine of the adult consists of 32 or 34 vertebrae. There are seven cervical vertebrae, twelve thoracic vertebrae, five lumbar, five sacral vertebrae and from one to five vertebrae which form the coccyx. The lumbar vertebrae are the largest vertebrae in the spinal column. The chest is composed of 12 thoracic vertebrae, the breastbone and 12 pairs of ribs.

The appendicular skeleton consists of the bones of the arms and legs, along with the bones that attach them to the axial skeleton. The lower extremity consists of the thigh, leg and foot. It is connected with the trunk by the pelvis. The upper extremity is formed by the arm, forearm and hand.

The bones of the skeleton are connected together by joints, cartilages, ligaments and tendons.

The biggest bone in the body is the femur in the upper leg, and the smallest is the stapes bone in the middle ear. In an adult, the skeleton comprises around 14% of the total body weight, and half of this weight is water.

The human skeleton takes 20 years before it is fully developed. There are 206 bones in the adult human skeleton, a number which varies between individuals and with age - newborn babies have over 270 bones some of which fuse together.

## POST-TEXT ASSIGNMENTS:

### Exercise 6. Answer the questions:

1. What is the skeleton constructed of?
2. Why are bones important? What are their main functions?
3. What is the function of the skull?
4. Where is bone marrow located?
5. What parts can the skeleton be divided into?
6. How many bones are there in the skull of an adult?
7. What is the biggest bone in the body?
8. How many bones do newborn babies have? Why do adults have fewer bones?

### Exercise 7. Find English equivalents of the following word combinations in the text:

Повністю розвинутий, складатися з кісток рук та ніг, прикріплені до кісток, зростатися, забезпечити захист, складати спинний хребет, накопичувати кальцій та жир, новонароджені діти, формувати куприк, потребувати 20 років, середнє вухо, варіюватися в залежності від віку, поділити на ..., черепна та лицьова частини, у дорослої людини, половина маси, зв'язки та сухожилля, розміщений у кістково-мозковій порожнині.

### Exercise 8. Match the words with their definitions:

1. Skeleton	a) any of the 24 curved elastic bones that together form the chest wall in man
2. Vertebra	b) the spinal column
3. Trunk	c) one of the bony segments of the spinal column
4. Skull	d) the fatty network of connective tissue that fills the cavities of bones
5. Femur	e) the longest thickest bone of the human skeleton, located between the pelvis and the below
6. Rib	f) the bony skeleton of the head
7. Spine	g) a hard framework consisting of bones that supports and protects the soft parts of a human body and provides attachment for muscles
8. Bone marrow	h) the body excluding the head, neck, and limbs

### Exercise 9. Fill in the gaps in the sentences with the words from the box above:

nervous system; axial; spinal column; chest; appendicular pelvis; vertebrae; joints.

- The axial skeleton is formed by the ..., the chest and the skull.
- The ... in female skeletons is different from that of males in order to facilitate

child birth.

- The upright posture of humans is maintained by the ... skeleton.
- The ... between bones allow movement.
- The ... protect the spinal cord.
- Muscles, bones, and joints are all coordinated by the ....
- The ... skeleton (126 bones) is formed by the upper limbs and the lower limbs.
- The ... and the spine protect the human lungs, human heart and major blood vessels.

**Exercise 10. Find the terms described below in the text:**

1. any of the pieces of hard, whitish tissue making up the skeleton in human
2. a long flat vertical bone, situated in front of the thorax, to which are attached the collarbone and the first seven pairs of ribs
3. a small triangular bone at the base of the spinal column in humans consisting of several fused rudimentary vertebrae.
4. one of a series of long curved bones occurring in 12 pairs in humans and extending from the spine to or toward the sternum.
5. a band of strong connective tissue serving to connect bones or hold organs in place.
6. the smallest bone in the human body
7. a band of tough, fibrous, inelastic tissue that connects a muscle to a bone
8. the junction between two or more bones

**Exercise 11. Translate into English:**

1. Осьовий скелет складається з кісток, які підтримують торс.
2. Нижня кінцівка приєднується до торсу за допомогою тазу.
3. М'язи прикріплені до кісток, і якщо м'язи складаєть, кістки також складаєть.
4. Скелету людини потрібно 20 років , щоб повністю розвинути.
5. Грудна клітка складається з 12 грудних хребців, грудини та 12 пар ребер.
6. У дорослої людини скелет складає близько 14% від загальної маси тіла, та половина його маси – вода.
7. Верхня кінцівка складається з плеча, передпліччя та кисті.
8. Кістковий мозок розміщується всередині кістковомозкової порожнини кісток.

# REFLEXES

**Text: Reflexes**

## PRE-TEXT ASSIGNMENTS:

### Exercise 1. Learn the following new words:

1. a reflex	[ˈrɪfleks]	1. рефлекс
2. to reflex	[ri ˈfleks]	2. реагувати
3. patellar	[pə ˈtelə]	3. надколінний
4. plantar	[ˈplɛntə]	4. підошовний
5. pupillary	[ˈpʊjələri]	5. зіничний
6. luminance	[ˈluːmɪnəns]	6. яскравість (світла)
7. involuntary	[ɪnˈvɒləntəri]	7. мимовільний
8. instantaneous	[ɪnˈsteɪnɪtɪəs]	8. миттєвий
9. consciousness	[ˈkɒnʃəsniːs]	9. свідомість
10. response	[rɪsˈpɒns]	10. відповідь
11. afferent	[ˈæfərənt]	11. доцентр., чутливий
12. efferent	[ˈefərənt]	12. відцентр., руховий
13. jerk	[dʒɜːk]	13. різкий поштовх
14. quadriceps	[kwɒdriˈseps]	14. чотириголовий м'яз
15. extension	[ɪks ˈtɛnʃn]	15. (мед.) розтягнення
16. retina	[ˈretɪnə]	16. сітківка
17. flexor	[ˈfleksə]	17. згинач (м'яз)
18. extensor	[ɪks ˈtɛnʃn]	18. розгинач
19. upward	[ˈʌpwəd]	19. спрямований вгору
20. conjunctiva	[ˈkɒndʒʌŋkˈtɪvə]	20. слизова оболонка
21. cornea	[ˈkɔːniə]	21. рогівка, рогова оболонка
22. inborn	[ɪnˈbɔːn]	22. природжений; природн.
23. mesencephalon	[mɛsɛnˈsɛfəˈlɒn]	23. середній мозок

### Exercise 2. Read the following, paying attention to the rules of reading:

**e** [i:] – be, he, she, me, diameter, centimeter, millimeter, kilometer, lactometer

**ar** [ə] – tartar, patellar, plantar, particular, downward, upward, forward, irregular

**er, ir, ur** [ə:] – term, girl, fur, murmur, circuit, jerk, nerve, firm, further, germ,

**a, o, u** [ə] – laboratory, involuntary, stimulus, automatic, sensory, control, common

**or** [ə] – doctor, mirror, motor, flexor, extensor, supervisor, anterior, posterior

### Exercise 3. Complete the table with missing forms:

Nouns	Adjectives
-------	------------

1. rib	1. costal
2. face	2. -
3. -	3. cardiac
4. -	4. hepatic
5. lung	5. -
6. laboratory	6. -
7. -	7. renal
8. -	8. oral
9. -	9. nervous
10. circulation	10. -
11. -	11. ocular
12. sense	12. -
13. -	13. pupillary
14. knee	14. -
15. -	15. lacrimal
16. sole	16. -

**Exercise 4. Read the following words or word-combinations and translate them.**

**Make up sentences of your own:**

*to examine:* an examiner, an examination, on examination, careful examination;

*to move:* movable, movement, moving, involuntary movement, to move around

*a reflex:* to reflex, the knee-jerk reflex, a pupillary reflex, conditioned reflexes

*response:* to response, automatic response, in response to, to be responsible for

*conscious:* consciousness, unconsciousness, to lose consciousness, loss of consciousness

**Exercise 5. Translate the following word combinations into Ukrainian:**

Involuntary movement, instantaneous movement, in response to a stimulus, a reflection, the level of consciousness, an afferent (sensory) nerve, an inborn activity, to suck, to swallow, to blink, to scratch, a jerk, to tap the patellar ligament, a small rubber hammer, the quadriceps muscle, involuntary extension, the pupillary light reflex, the intensity (luminance) of light, the retina of the eye, the lacrimal reflex, flexor response, extensor response, downward movement, upward movement, the conjunctiva or cornea.

**Exercise 6. Read and translate the text:**

**Reflexes**

In biology, a **reflex** is an involuntary and nearly instantaneous movement in response to a stimulus caused by a simple nervous circuit that involves a nerve impulse passing from a sensory nerve cell to a muscle or gland without reaching the level of consciousness. Scientific use of the term "reflex" refers to a behavior that is mediated via the reflex arc, as an anatomical pathway of a reflex, consisting of an afferent (sensory) and an efferent (secreto-motor) nerve.

The word "reflex" (from Latin *reflex*, "reflection") was introduced into Biology by

a 19<sup>th</sup>-centure English neurologist, Marshall Hall. By reflex, Hall mea nt the automatic response of a muscle or several muscles to a stimulus that excites an afferent nerve. Now the term is used to describe an action that is an inborn central nervous system activity.

There are a lot of reflexes, unconditioned (unlearned) reflexes, such as patellar, plantar, pupillary, rooting reflexes and many others, but the simplest ones include swallowing, salivation, sweating, blinking, scratching, sucking (in infants), and others.

Knee- jerk reflex (patellar, kneecap, kneepan reflex) is a reflex produced by sharply tapping the patellar ligament. To test this reflex, the lower part of the leg should be relaxed (by crossing a leg at the knee) and the examiner taps the ligament below the patella with a small rubber hammer. The normal reaction is contraction of the quadriceps muscle, causing involuntary extension of the lower leg. The absence or decrease of this reflex is problematic, and known as Westphal's (Вестфаль'с) sign. It has a clinical significance used in determining neurodisorders or CNS diseases.



Probably the best-known reflex is the pupillary light reflex. If a light is flashed near one eye, the pupils of both eyes contract. It is a pupillary light reflex that controls the diameter of the pupil, in response to the intensity (luminance) of light that falls on the retina of the eye, thereby assisting in adaptation to various levels of darkness and light. Greater intensity light causes the pupil to become smaller, whereas lower intensity light causes the pupil to become larger.

Another reflex involving the eye is known as the lacrimal reflex. When something irritates the conjunctiva or cornea of the eye, the lacrimal reflex causes nerve impulses to pass along the fifth cranial nerve and reach the mesencephalon (midbrain) stimulating the lacrimal glands.

A plantar reflex is a reflex obtained by drawing a pointed object along the outer border of the sole of the foot from the heel to the little toe. The normal flexor response is a bunching and downward movement of the toes. An upward movement of the great toe is called extensor response or Babinski reflex. The presence of the Babinski sign can identify disease of the spinal cord and brain in adults, and also exists as a primitive reflex in infants.

## POST-TEXT ASSIGMENTS

**Exercise 7. Answer the following questions to the text:**

1. What do we call a reflex in biology?
2. In what cases does a reflex occur?
3. What do we call a simple nervous circuit?
4. What does the reflex arc consist of?
5. Who was the first to introduce the term “reflex”?
6. What reflexes do you know?
7. What is the patellar reflex produced by?
8. In what case is the patellar reflex considered to be normal?
9. What is the main function of the pupillary light reflex?
10. What produces the lacrimal reflex?
11. What disease may the plantar reflex or Babinski reflex indicate?

**Exercise 8. Match the words from the column A with those from the column B to form word-combinations as they appeared in the text. Translate these collocations into Ukrainian:**

<i>Column A</i>	<i>Column B</i>
a) involuntary	1. pathway
b) nervous	2. reflex
c) scientific	3. hammer
d) efferent	4. object
e) anatomical	5. circuit
f) inborn	6. border
g) unconditioned	7. indication
h) rubber	8. activity
i) quadriceps	9. cord
j) intensity	10. nerve
k) pointed	11. use
l) outer	12. muscle
m) sensitive	13. light
n) spinal	14. movement

**Exercise 9. Match the primitive reflexes in infants with their explanations:**

1. rooting	a) reflex helps a breastfed infant find the mother's nipple. It occurs when you stroke the baby's cheek. The infant will turn toward the side that was stroked and begin to make sucking motions with the mouth.
2. parachute	b) reflex whereby an infant is tested for motor nerve development by suspending him or her in the prone position and then dropping him or her a short distance onto a soft surface.
3. grasp	c) reflex occurs if you place a finger on the infant's open palm. The hand will close around the finger.
4. stepping	d) reflex occurs when the soles of infants' feet touch a flat surface and they will attempt to 'walk' by placing one foot in front of the other.
5. sucking	

e) reflex is linked with the rooting reflex and breastfeeding. It causes the child to instinctively suck anything that touches the roof of their mouth, and simulates the way a child naturally eats.
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**Exercise 10. Translate the following word combinations into English and use them in the sentences of your own:**

Простий нервовий ланцюг, мимовільна дія, у відповідь на; ступінь свідомості; поведінка; наукове звстосування; через рефлекторну дугу; анатомічний шлях; відцетрований та доцетрований нерв; збуджувати; проиродна діяльєність; необумовлений рефлекс; пателярний; чотириголовий м'яз; пупіломоторний рефлекс; інтенсивність світла; слізний; плантарний; групування пальців ніг; показник хвороби.

**Exercise 11. Insert the prepositions where it is necessary:**

1. A painful stimulus such as a pinprick will bring about the reflex... withdrawing the finger.
2. A conditioned reflex is a reflex in which the response occurs not to the sensory stimulus but ... a separate stimulus, which has been learnt to be associated with it
3. In Pavlov's classic experiments dogs were learnt to associate the sound of a bell ... feeding time.
4. A patellar reflex (the knee jerk) is a test to the connection between the sensory nerves to stretch receptors ... the muscle, the spinal cord, and the motor neurons.
5. Disease or damage may result ... absence of the reflex.
6. A papillary (light) reflex is the reflex change in the size of light entering ... the eye.
7. In dim light the pupils open, due ... stimulation of the sympathetic nervous system.
8. Bright light stimulates nerves ... the parasympathetic nervous system, which cause the pupils to contract.

of x2;	to x2;	with;	in x2
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# PHYSIOLOGY OF THE NERVOUS SYSTEM

**Text:** *Physiology of the nervous system*

## PRE-TEXT ASSIGNMENTS

### Exercise 1. Learn the following words:

sensory	['sens(ə)ri]	чутливий
core	[kɔ:]	ядро
enclosed	[in'kləʊzd]	закритий, обгороджений
interpret	[in'tɜ:pɪt]	тлумачити; пояснювати
stimulus	['stɪmjələs]	стимул; подразник
touch	[tʌtʃ]	дотик; торкання
consciousness	[,kɒn(t)ʃɪ'en(t)ʃəsnəs]	свідомість
medulla	[me'dʌlə]	кістковий мозок; спинний мозок
reasoning	['ri:z(ə)nɪŋ]	міркування
afferent	['æf(ə)rənt]	вразливий

### Exercise 2. The given words are verbs. What are the noun forms?

Diagnose, examine, prescribe, suffer, recover, analyze, replace, withdraw, exceed.

### Exercise 3. Give the opposite meanings of the words from the right column:

Back	Alive
Cure	Allow
Dead	Closed
Improve	deteriorate
Health	Ill
Open	Front
Prevent	Increase
Reduce	Kill
Smooth	Replace
Remove	Rough

### Exercise 4. Translate into Ukrainian:

a core of grey matter, average brain weight, bundles of nerves, medulla oblongata, afferent fibers, sensory centers, voluntary muscles, nerve stimulus, vital functions, reflex movement.

### Exercise 5. Read and translate the text:

#### Physiology of the nervous system

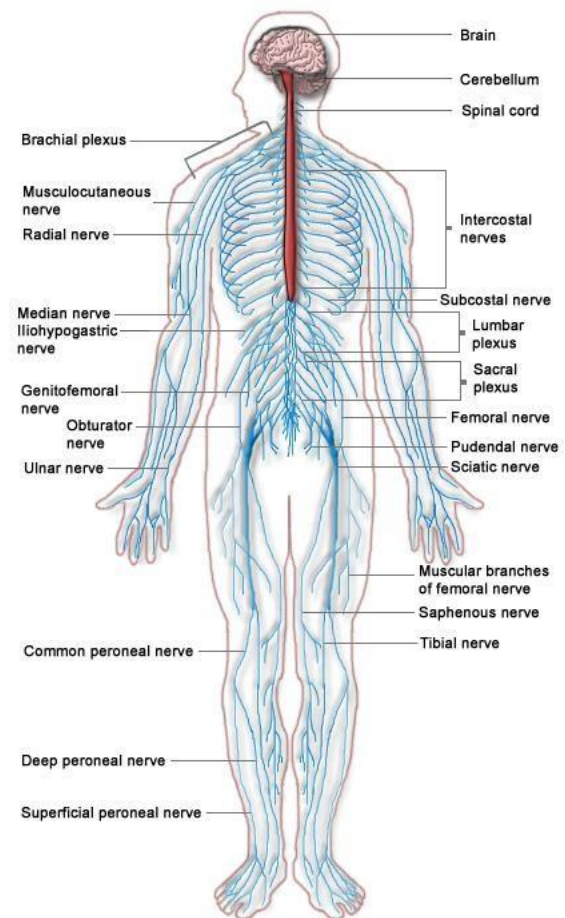
**The brain.** The brain (cerebrum) is the enlarged and highly developed mass of nervous tissue that forms the upper end of the central nervous system. The average adult human brain weights about 1400 g and is continuous below with the spinal

cord. The spinal cord is the portion of the central nervous system enclosed in the vertebral column, consisting of nerve cells and bundles of nerves connecting all parts of the body with the brain. It contains a core of grey matter and is enveloped in three layers of membrane (the meninges) and extends from the medulla oblongata in the skull to the level of the second lumbar vertebra.

The brain is a complicated organ which consists of grey matter or nerve cells on the surface, and white matter or nerve fibers in the center. It contains many important nerve centers which make it not only the largest but the most important part of the brain.

**The functions of the brain.** The role of nervous system in our body is often compared to that of a centralized computer which controls the functioning of an entire system. This analogy explains the working of the nervous system in one of the best ways possible. The nervous system plays an important role in the smooth functioning of the different parts of our body. It is basically a complex network of cells with specialized functions. These cells communicate with each other by means of electrochemical waves. The neurons are the important components of the nervous system.

Central nervous system (CNS) is the seat of all sensation due to the bringing in of the stimuli from the tissues by afferent fibers to the sensory centers of the brain. These stimuli pass through three or more afferent neurons before they reach the sensory centers of the cerebrum, by which they are interpreted as sensations. Central nervous system controls all movements of voluntary muscles – muscles of the head, limbs and trunk. Movement is due to nerve stimulus. Movement is classified as voluntary and reflex one. The brain is the special seat of all the special senses – sight, hearing, smell, touch, and taste. The brain is the seat of all the higher mental powers – reasoning, will power, consciousness, memory, emotions, etc. The brain also controls the vital functions of the respiration and circulation, the controlling centers being located in the medulla.



## POST-TEXT ASSIGNMENTS

### Exercise 6. Answer the questions:

1. What is the brain?

2. What is the average weight of the human brain?
3. What is the spinal cord like?
4. Where does the spine extend?
5. What parts does the brain comprise?
6. What is the most important part of the brain?
7. What is the role of nervous system in the body?
8. What processes does CNS control?
9. What is movement due to?

**Exercise 7. Translate into English:**

спинний і головний мозок, складна сітка кліток, електрохімічні хвилі, цілісна система, контролюючі центри, жмутик нервових волокон, вільне функціонування, безумовні рефлекси, сіра речовина мозку, рух, подразник, життєво важлива функція.

**Exercise 8. Complete the sentences:**

1. The role of nervous system is compared to...
2. The brain forms...
3. The spinal cord is enclosed...
4. Nervous system plays an important role in...
5. ... are important components of the nervous system.
6. The cells communicate by means of...
7. The brain also controls the vital...
8. ... is classified as voluntary and reflex one.

## ENDOCRINE GLANDS

**Text:** *Endocrine glands*

### PRE-TEXT ASSIGNMENTS

**Exercise 1. Read and memorize:**

Endocrine	['endəukrain]	ендокринний
excretory	[eks'kritəri]	вивідний
throughout	[θru(:)'aut]	по всьому
disturbance	[dis'tə:b(ə)ns]	порушення
hypophysis	[hai'pɒfisis]	гіпофіз
pituitary	[pi'tju(:)it(ə)ri]	гіпофіз
thymus	['θaiməs]	тимус
pineal	['piniəl]	шишкоподібний
islet	['aɪlɪt]	острівець
nervous	[əd'ri:nl]	нервовий
epithelial	[epi'θi:ljəl]	епітеліальний
adrenal	['nə:vəs]	наднирковий
fibre	['faɪbə]	волокно
nervous	['nɜ:vəs]	нервовий
corresponding	[ˌkɒrɪ'spɒndɪŋ]	відповідний
due to	[dju: tu: ]	через
thyroid	['θaɪrɔɪd]	щитовидна залоза
network	['netwɜ:k]	мережа
pineal	['paɪniəl]	шишкоподібний

**Exercise 2. Form nouns using the suffixes – *ance*, –*ence*.**

Effective, distant, present, admit, resist, persist, impatient, ignorant, disappear, attend, depend, emerge, prefer, defy, assist.

**Exercise 3. Read and translate the word combinations into your native language:**

Glands of internal secretion, excretory ducts, special substances ,throughout the organism, affect metabolism, neurohumoral control, due to an increase , chemical composition , hormonal preparations ,widely used in medicine, high biological activity, each gland consists of ,extensive network of blood vessels , nerve fibres , all endocrine glands are interconnected, chief gland , humoral regulation, disturbance in the activity.

**Exercise 4. Read and translate the text:**

## ENDOCRINE GLANDS

Endocrine glands, or glands of internal secretion, are glands without excretory ducts. They produce special substances called hormones, which are secreted directly into the blood. The hormones are carried throughout the organism with the blood and are delivered to various organs whose activity they either stimulate or depress.

Hormones play a very important part in the organism. Many of them affect metabolism and the functioning of the cardiovascular, reproductive, and other systems. A disturbance in the activity of the endocrine glands is accompanied by changes throughout the organism. These changes may be due to an increase in the function of a gland (hyperfunction) or a decrease (hypofunction).

The chemical composition of some hormones is well-known. Various hormonal preparations are made synthetically or from the corresponding glands of

animals (endocrine preparations) and are widely used in medicine. It should be noted that hormones are substances with very high biological activity.

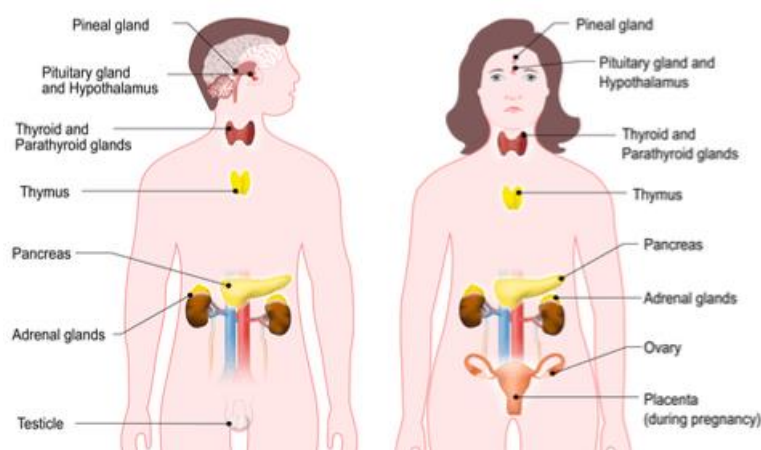
The endocrine glands include the hypophysis (or pituitary), the epiphysis cerebri (or pineal), the thyroid, the parathyroids, the thymus, the islet part of the pancreas, the adrenals and the incretory part of the sex glands, Each gland consists of glandular epithelial tissue and has an extensive network of blood vessels and a large number of nerve fibres (from the vegetative nervous system).

The functions of all endocrine glands are interconnected, and the glands make up a single system. The hypophysis is the chief gland of this system: it produces special substances which stimulate the activities of the other endocrine glands.

The influence of various substances (mainly hormone) acting on the organism through the blood is called humoral regulation.

The activities of endocrine glands are regulated by the nervous system. The nervous system exercises direct control over the endocrine glands through the nervous and neurohumoral control, particularly through the hypophysis. The hormones in their turn affect the functions of the different parts of the nervous system.

### ENDOCRINE SYSTEM



## POST-TEXT ASSIGNMENTS

### Exercise 5. Answer the questions to the text:

1. What is the other name for endocrine glands?

2. Where are the hormones secreted?
3. What is the role of hormones?
4. How are the hormones made?
5. What are the parts of the endocrine system?
6. What is humoral regulation?
7. What is the chief gland of the endocrine system?
8. What are the activities of the endocrine glands regulated by?

**Exercise 6. Match the terms with their definitions:**

1. humoral regulation	a) triangle-shaped glands located on top of the kidneys
2. hypophysis	b) a gland that regulates calcium, located behind the thyroid gland in the neck.
3. thymus	c) a small, somewhat cherry-shaped double-lobed structure attached to the base of the brain, constituting the master endocrine gland affecting all hormonal functions of the body
4. adrenal gland	d) pyramid-shaped lymphoid organ that, in humans, is immediately beneath the breastbone at the level of the heart.
5. parathyroid	e) the coordination of physiological and biochemical processes effected through the body's fluids by means of biologically active substances (metabolites, hormones) released by cells, organs, and tissues in the course of their vital activities.

**Exercise 7. Translate into English.**

Інкреторна частина , хімічний склад , різні органи , залозиста епітеліальна тканина, залози внутрішньої секреції, вивідний проток, особливі речовини, по організму, впливати на обмін речовин, нейрогуморальної контроль, у зв'язку із збільшенням, хімічний склад, гормональні препарати, широко використовуватися в медицині, висока біологічна активність, складатися з, велика мережа кровоносних судини, нервові волокна, всі ендокринні залози взаємопов'язані, головні залози, гуморальне регулювання, порушення в діяльності.

**Exercise 8. Put the words from the table into an appropriate gap.**

Influence; controlling; eight major glands; diabetes; supplements; a hormone disorder;  
hormones

Your endocrine system includes \_\_\_\_\_ throughout your body. These glands make \_\_\_\_\_. If your hormone levels are too high or too low, you may have \_\_\_\_\_. Hormone diseases also occur if your body does not respond to hormones the way it is supposed to. Stress, infection and changes in your blood's fluid and electrolyte balance can also \_\_\_\_\_ hormone levels. In the United States, the most common endocrine disease is \_\_\_\_\_. There are many others. They are usually treated by \_\_\_\_\_ how much hormone your body makes. Hormone \_\_\_\_\_ can help if the problem is too little of a hormone.

**Exercise 9. Continue the sentences:**

1. A disturbance in the activity of the endocrine glands is accompanied by ... .
2. The endocrine glands include the hypophysis, the epiphysis ... .
3. Various hormonal preparations are made synthetically or ... .
4. The influence of various substances acting on the organism through the blood is called ... .
5. The hormones affect ... .
6. The activities of endocrine glands are regulated by.....

**Exercise 10. Repeat the terms of drugs and medical preparations. Choose the right answer.**

1. The nurse put a ..... on the wound.  
a) bandage            b) cloth            c) material            d) towel
2. Take two of these.....three times a day after meals.  
a) capsules            b) drugs            c) placebos            d) prescriptions
3. If you've got a headache, why don't you take a.....of aspirin?  
a) couple            b)tablet            c) pair            d) prescription
4. The doctor gave me some .... for my rheumatism.  
a) gargle            b) ointment            c) pastilles            d) pills
5. The doctor gave the woman a strong ... to calm her down.  
a) antidote            b) antiseptic            c) bromide            d) sedative
6. The nurse made him swallow a ... to help him sleep better.  
a) lotion            b) pill            c) ointment            d) tranquillizer

**Exercise 11. Open the brackets using the correct form of the verb.**

1. The patient already (to treat) by the doctor from pneumonia.
2. Recently it (to determined) that in the adults the heart makes from 60-72 beats per minute.
3. The wound is usually dressed by the nurse.
4. Blood pressure (to take) now.

5. Skin irritation (to cause) by overdosage of the drug.
6. I (to treat) at this clinic for acute pneumonia last week.
7. We were said that the direction of the nerve fibers already (to establish) experimentally.
8. The experiments (to carry out) at this moment.

**Exercise 12. Make up question to the underlined words.**

1. The hormones are delivered to various organs.
2. The patient has been recommended to consult his pharmacist for professional advice on medicines.
3. Many hormones affect metabolism.
4. The chemical composition of some hormones is well-known.
5. The poisonous herbs were being stored in a jar with tightly-fitting lids.
6. Each gland consists of glandular epithelial tissue.
7. The hormones affect the functions of the different parts of the nervous system.
8. Louis Pasteur produced the theory that disease and infection had been caused by germs.

# HORMONES

**Text: *Hormones***

## PRE-TEXT ASSIGNMENTS

### Exercise 1. Read and memorize:

1. adrenal gland	[ə'dri:n(ə)l]	надниркова залоза
2. to alter	['ɔ:ltə]	змінювати
3. contribute to	[kən'tribju:t]	сприяти
4. to cope with	[kəʊp]	упоратися (з труднощами); подолати
5. diabetes mellitus	[,daɪə'bi:tɪ:z]	(небезпеку)
6. distant	['dɪst(ə)nt]	цукровий діабет
7. hypophysis	[hɪ'pɒfɪsɪs]	віддалений
8. to interfere (with)	[ɪntə'fɪə]	гіпофіз
9. to maintain	[meɪn'teɪn]	перешкоджати, заважати
10. mood	[mu:d]	підтримувати
11. obesity	[ə(u)'bi:sɪtɪ]	настрій
12. pineal gland	['pi:niəl]	ожиріння
13. pituitary	[pɪ'tju:ɪt(ə)rɪ]	шишкоподібна залоза
14. to release	[rɪ'li:s]	гіпофіз
15. thymus	['θaɪməs]	вивільняти, звільняти
16. thyroid gland	['θaɪrɔɪd]	тимус, вилочкова залоза
		щитовидна залоза

### Exercise 2. Form new words with the help of suffixes and prefixes. Translate them.

*Example: un -:* known.....

*un -:* known, developed, useful, complicated, certain.

*dis-:* agree, infect, integrate, believe, order.

### Exercise 3. Read and translate:

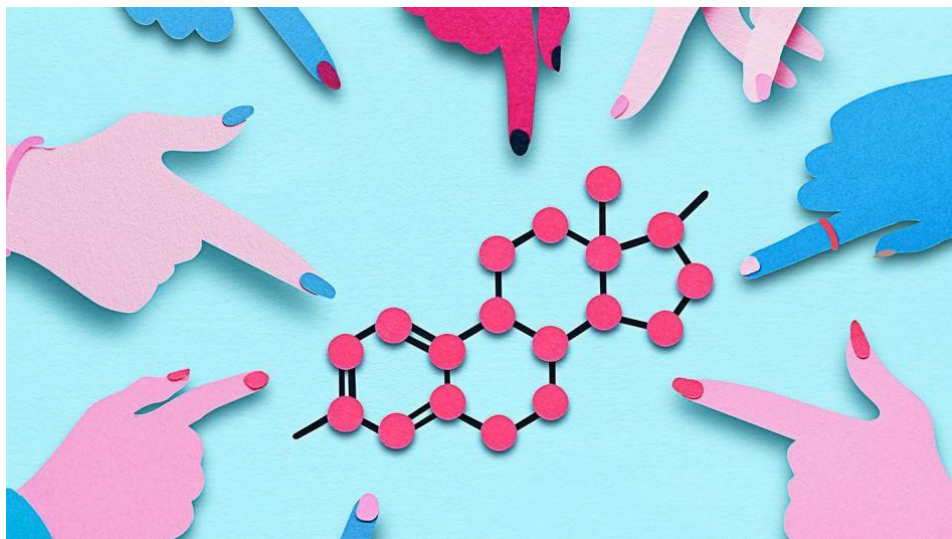
To release chemicals, released substances, to alter behavior and patient's mood, the functions of pituitary glands, to contribute to the disorder of pineal gland function, to maintain the work of immune system, disturbed functions of adrenal glands, to have a significant impact, to regulate the wake-sleep cycle, the abnormal level of hormones, to change from head to toe at puberty, to contribute to bone and muscle building. Swelling of the thyroid gland is goiter. Iodine deficiency can contribute to goiter development

### Exercise 4. Read and translate into English:

## HORMONES

A **hormone** is a chemical released by one or more cells that affects cells in other parts of the organism. Only a small amount of hormone is required to alter

cell metabolism. It is a chemical messenger that transports a signal from one cell to another. They affect many different processes in the body including growth and development, metabolism, sexual function, behavior, reproduction, mood.



Endocrine glands, which are special groups of cells, make hormones. The major endocrine glands are the pituitary (hypophysis), pineal, thymus, thyroid, adrenal glands, and pancreas.

The pituitary gland is often called the “master gland” because it makes hormones that control other endocrine glands and such processes in the body as growth, blood pressure, temperature regulation, water balance, etc. The pineal gland secretes melatonin that helps to regulate the wake-sleep cycle. The thyroid gland produces hormones that control the rate at which cells burn fuels from food to produce energy. As the level of thyroid hormones increases in the bloodstream, so does the speed at which chemical reactions occur in the body. The adrenal glands produce hormones such as corticosteroid hormones that regulate metabolism, the work of immune system, and aldosterone that regulates blood pressure, epinephrine, etc. The pancreas produces hormones that maintain a steady level of glucose in the blood. Thymus produces hormone Thymosin, which stimulates the production of antibodies and creates T-lymphocytes, which are white blood cells used to combat infection and abnormal cells. So the function of thymus is the maintenance of the immune system.

So, hormones are the cause why your arms are the same length, why you can turn food into fuel, and why you changed from head to toe at puberty. Distant parts of the body communicate with one another thanks to these chemicals.

Hormones are so powerful that it takes only a tiny amount to cause big changes in cells or even in the whole body. Hormone levels that are too high or too low are an indication of a problem with the endocrine system. Hormone diseases also occur if your body does not respond to hormones in the appropriate ways. Stress, infection and changes the blood's fluid and electrolyte balance can also influence hormone levels. So, hormone imbalances can have a significant impact on the human health.

In response to a signal from the brain, hormones are secreted directly into the

blood by the glands that produce and store them. These glands make up the endocrine system.

The deficiency of any hormone leads to a particular disease, which can be cured by administration of that hormone. The abnormal level of leptin, produced by fat cells, can lead to obesity. The abnormal level of insulin, produced by the pancreas and responsible for the regulation of carbohydrate and fat metabolism, can lead to the development of diabetes mellitus II type. The pituitary gland in the brain produces growth hormone, which influences an individual's height and contributes to bone and muscle building.

The endocrine system works with the nervous system and the immune system to help the body cope with different events and stresses.

### POST-TEXT ASSIGNMENTS

#### Exercise 5. Find corresponding definition to the words on the left:

Metabolism	the organs and processes of the body that provide resistance to infection and toxins.
Hormone	a lymphoid organ situated in the neck of vertebrates which produces T-lymphocytes for the immune system.
Pancreas	the chemical processes that occur within a living organism in order to maintain life
Thymus	a large ductless gland in the neck which secretes hormones regulating growth and development through the rate of metabolism
Thyroid	a regulatory substance produced in an organism that effects other cells in the organism
Immune system	is an organ in the body that synthesizes a substance such as hormones or breast milk for release into the bloodstream
Gland	a large gland behind the stomach which secretes digestive enzymes into the duodenum.

#### Exercise 6. Answer the questions:

What is a hormone?

What processes in the body can hormones affect?

What are the major endocrine glands?

What are thymus hormones responsible for?

What are the functions of hormones produced by adrenal glands?

How may the hormone imbalance influence the organism?

How can the deficiency of any hormone be cured?

What can lead to obesity?

What can the abnormal level of insulin, produced by the pancreas, result in?

What hormone does the pituitary gland produce?

#### Exercise 7. Give the appropriate translation:

шишкоподібна залоза та надниркова залоза	
	to cure the disease
підшлункова залоза та щитовидна залоза	
	to lead to obesity
вивільняти гормони	
	to combat infection and abnormal cells
виділяти хімічні речовини	
	the deficiency of hormones
гіпофіз та тимус	
регулювати обмін речовин	
	to maintain the immune system
призначення гормонів	
	to contribute to bone and muscle building

**Exercise 8. Agree or contradict the following statements:**

1. Insulin is produced by the thymus.
2. Adrenal glands influence an individual's height and contribute to bone and muscle building.
3. Pituitary gland in the brain produces growth hormone.
4. A lack or excess of a certain hormone can be serious.
5. Diabetes mellitus can be caused by abnormal level of leptin.
6. Obesity can be caused by disturbance in the work of hormones produced by fat cells.
7. The deficiency of any hormone leads to a disease, which can be cured by administration of antibiotics.
8. The pineal gland secretes melatonin that helps to maintain immune system.

**Exercise 9. Translate the words given in *italics* into English. Translate the whole sentences into your native language:**

1. *Гіпофіз* secretes nine hormones that regulate homeostasis.
2. *Шишкоподібна залоза* produces melatonin that helps to regulate sleep/wake functions, and even seasonal functions.
3. The deficiency of iodine can lead to functional disturbances of *щитовидної залози*.
4. The immunity in this patient is significantly reduced due to the hyperfunction of *тимусу*.
5. *Надниркові залози* regulate the secretion of adrenalin.
6. As the patient's condition was getting better, his *настрій* was improved.
7. Hormones are the reason why people change from head to toe at *статевої зрілості*.
8. *Призначення* of insulin saved the patient's life.

**Exercise 10. Guess the continuation of the sentence:**

1. \_\_\_\_\_ - it makes hormones that control other endocrine glands.
2. \_\_\_\_\_ produces antibodies and T-lymphocytes.
3. Hormones of this gland maintain the level of glucose.
4. \_\_\_\_\_ produce corticosteroid hormones, epinephrine, aldosterone etc.
5. The hormone, secreted by \_\_\_\_\_ regulates the wake-sleep cycle.
6. \_\_\_\_\_ needs frequent consumption of iodine for the production of hormones.
7. \_\_\_\_\_ produces melatonin.
8. The abnormal level of the hormone produced by this gland leads to diabetes mellitus.

**Exercise 11. Substitute the words in bold type by the words in in the text.**

1. The disturbance of hormone level can have **serious effects** on the organism.
2. **Hypophysis** is one of the glands of the endocrine system that is located at the base of the brain.
3. The function of thymus is **the protection** of the immune system.
4. If your body doesn't **react** to the hormones, you may develop serious hormonal disturbances.
5. The treatment of diabetes mellitus includes **the prescription** of insulin.
6. The excessive production of leptin **promoted (gave the possibility)** the formation of **overweight**.
7. **A lack or uncommon (unusual)** level of thyroid hormone can lead to goiter.
8. Leucocytes are produced in the blood to **fight with** the infections.

**Exercise 12. Put the words from the table into an appropriate gap.**

Hormones	diabetes	gigantism	deficiency	effects	the endocrine glands
		insulin deficiency	dwarfism		

Hormones are produced by the cells of \_\_\_\_\_.

Hormones have several \_\_\_\_\_ on the body that are vital to its function. An excess or \_\_\_\_\_ of hormones can significantly influence an individual's normal daily life. \_\_\_\_\_, for example, leads to a decrease in the body's ability to synthesize and utilize the blood glucose absorbed from food, giving rise to \_\_\_\_\_.

\_\_\_\_\_ also regulate the growth and development of the body. A deficiency in a vital hormone such as growth hormone can lead to severely growth problems in children and even \_\_\_\_\_. By contrast, excess of growth hormone can lead to \_\_\_\_\_ or excessive height.

**Exercise 13. Translate the following sentences into English:**

1. Гормон — це біологічно-активна хімічна речовина, що виділяється ендокринними залозами безпосередньо у кров, так як вони не мають протоків.
2. Гормони впливають на органи і тканини та регулюють нормальне функціонування організму.

3. Надниркова залоза грає важливу роль в регуляції обміну речовин і адаптації організму до несприятливих (тобто стресових) умов.
4. Імунна система не працює належним чином, коли організм постачає аномальний рівень гормонів.
5. Якщо лікар призначить відповідну дозу мелатоніну, то цикл сну-неспанню буде відновлено.
6. Коли організм продукує аномальний рівень ліптину, це може привести до ожиріння.
7. Дисбаланс гормонів призводить до тяжких порушень функціонування.
8. Залози можуть виділяти гормони в надлишку, що супроводжується їх гіперфункцією.

# HYGIENE AND PROPHYLAXIS

**Text:** *Hygiene and Prophylaxis*

## PRE-TEXT ASSIGNMENTS

### Exercise 1. Learn the new words.

1. hygiene	[ˈhaɪdʒiːn]	гігієна
2. preventable	[prɪˈventəb(ə)l]	профілактичний
3. decay	[diˈkeɪ]	гноїння, руйнування
4. maintenance	[ˈmeɪntɪnəns]	підтримання
5. checkup	[ˈtʃek,ʌp]	огляд
6. reduce	[rɪˈdjuːs]	зменшувати
7 genitourinary	[ˌdʒenɪtəʊˈjʊərɪnəri]	Сечостатевий
8. conscientious	[ˌkɒnʃiˈenʃəs]	добросовісний, сумлінний
9. abstinence	[ˈæbstɪnəns]	стриманість
10. incurable	[ɪnˈkjʊərəbəl]	Невиліковний
11. precaution	[prɪˈkəʊʃən]	застережний захід
12. seek for	[siːk]	звертатися за (чимось)
13. fluctuation	[ˌflʌktʃuˈeɪʃ(ə)n]	Коливання
14. food-borne	[fuːd bɔːn]	харчового походження
15. rough	[rʌf]	грубий, шорсткий
16. moisturized	[ˈmɔɪstʃəˌraɪzd]	зволожений
17. bandage	[ˈbændɪdʒ]	накладати пов'язку

### Exercise 2. Read the following paying attention to the rules of reading.

[ɔː] – work, world, warm, worst, worth, worthy;

[ɒ] – want, was, watch, wander, water;

[ə] – nature, pleasure, mixture, lecture, picture, future, culture.

### Exercise 3. Form and translate the nouns.

–ment: develop, improve, accompany, enlarge, impair;

–ness: dull, clear, complete, breathless, ill;

–ance (-ence): appear, enter, exist, occur, persist.

### Exercise 4. Read and translate following word-combinations.

To look and feel someone's best, routine health care, role of personal hygiene, brushing and flossing, to have hearing tests, hearing loss, breaks in the skin, good health habits, fluctuations in weight, Food and Drug Administration recommendations, food-borne illnesses, inattention to hygiene, depressive disorder, substance abuse problem.



Sometimes lack of attention to personal health can be symptom of a deeper medical problem such as arthritis, poor eyesight, or dementia. Inattention to hygiene could also signal a depressive disorder or a substance abuse problem.

### POST-TEXT ASSIGNMENTS

#### Exercise 6. Answer the questions.

1. How will an attention to the hygiene help a person?
2. What leads to decay, cavities, gum disease, and sometimes even the loss of teeth? How can risk of losing teeth be avoided?
3. Why do we need regular hearing tests?
4. What should a person do to maintain the skin hygiene?
5. How can a person reduce a risk of cancer?
6. What can prevent many food-borne illnesses?
7. What can lack of attention to a personal hygiene lead to?

#### Exercise 7. Match the terms with the definitions.

1. Hygiene	a) A medical condition in which your face is covered in spots. It mainly affects teenagers.
2. Checkup	b) A long thin piece of cloth that you wrap around an injured part of the body.
3. Bandage	c) The use of medical treatment for preventing disease or infection.
4. Precaution	d) An action taken in advance to protect against possible danger, failure, or injury; a safeguard.
5. Acne	e) The science that deals with the promotion and preservation of health.
6. Prophylaxis	f) A medical examination, especially one taken at regular intervals to verify a normal state of health or discover a disease in its early stages.

#### Exercise 8. Give English equivalents of the following word-combinations.

Підтримувати здоров'я; піклуватися про чистоту; регулярно проходити стоматологічні огляди; гігієна і профілактика; уникнення хвороби; втрата зубів; зволожена шкіра; регулярне миття голови шампунем; хвороби, які передаються статевим шляхом; повсякденні скарги; симптом глибшої медичної проблеми; проблема зловживання; поганий зір; повсякденні скарги.

#### Exercise 9. Insert the necessary preposition.

to (4), in, of, from (2), for, at, with

#### Types of Prophylaxis

The term prophylaxis refers \_\_\_\_\_ measures taken \_\_\_\_\_ order to prevent disease

or health problems, rather than \_\_\_\_ treat or cure an existing condition. Such measures, sometimes known as preventative care, may also be used to stem an outbreak or minimize the symptoms \_\_someone who was exposed to an infectious agent or health hazard. This medical term comes \_\_\_\_ a Greek word meaning "to guard against," a reference to the fact that it is intended to provide protection patients \_\_\_\_risk of disease.

There are two main types of prophylaxis: primary and secondary. Any measure taken to prevent an illness before it occurs is primary prophylaxis. This could include getting a vaccination to prevent an illness or brushing teeth to prevent gum disease. Secondary prophylaxes are procedures that help prevent infection after exposure \_\_\_\_\_a disease, or to ease symptoms associated \_\_\_\_an illness or health condition. For example, if health care workers are exposed \_\_\_the Human Immunodeficiency Virus (HIV), they may take antiretroviral drugs to help prevent the virus developing into an active infection.

## HEALTHY LIFESTYLE

**Text:** *Healthy lifestyle*

### PRE-TEXT ASSIGNMENTS

**Exercise 1. Learn the following words:**

Avoid	[ə'vɔɪd]	уникати
Bean	[bi:n]	біб
Buckle	[ˈbʌkl]	застібати
Crop	[krɒp]	сільськогосподарська культура
Deterioration	[di'tiəriə'rei](ə)n]	погіршення
Efficient	[i'fi](ə)nt]	ефективний
Handle	[hændl]	справлятися
Fatigue	[fə'ti:g]	втома
life-span	[spæn]	тривалість життя
Nourish	[ˈnʌrɪʃ]	годувати
Obey	[ə'bei]	слухатися
Obtain	[əb'tein]	отримувати
Premature	[premə'tjuə]	передчасний
sagging	[sæɡɪŋ]	обвислий
starch	[sta:t]	крохмаль
susceptibility	[sə'septə'biliti]	сприйнятливість

**Exercise 2. Read the following word-combinations and translate them**

**Health:** excellent health, mental health, delicate health, occupational health, public health, poor health. To improve health

**Mental:** mental disease, mental hospital, mental problems, mental health, mental patient, mental effort

**Skin:** dry skin, sensitive skin, smooth skin, oily skin, scaly skin, sunburned skin

**Disease:** acute disease, severe disease, infectious diseases, genetic disease, fatal disease, incurable disease, rare disease

**Exercise 3. Give Ukrainian equivalents to the following word combinations:**

Healthy life-style; main factor; smart saying; mental problems; to provide energy; body growth; various diets; sagging muscles; premature death; changes in behavior; regular exercising; drying of the skin; to handle stress; hair texture; average life-span; major building blocks; differences in diet, increased susceptibility to illness; traffic rules; energy sources.

#### Exercise 4.

**I. Form new words with the prefix OVER meaning “понад, вверх”. Translate them.**

**Model:** over+ dosage → overdosage

weight, cooling, heating, work, salt, sensitive, sleep, use, talkative, curious, load, excitement, dose, estimate, eating

**II. Form new words with the prefix UNDER meaning „під, нижче”. Translate them.**

**Model:** under+ dose → underdose

estimate, salted, developed, weight, graduate, ventilation, act, nourished

**III. Form new terms with the meaning „поганий”. Translate them.**

**Model:** mal+position → malposition

nutrition, formation, practice, occlusion, function, treat

**IV. Form nouns indicating “процес, дію або результат дії” using the suffix ING:**

**Model:** begin + ing → beginning

Drink, smoke, eat, ask, build, yellow, cool, dry, begin, increase

#### Exercise 5. Read and translate the text:

### HEALTHY LIFESTYLE

Health is better than wealth  
(a proverb)

All of us want good health, and one of the main factors affecting health is the lifestyle. If you never smoke, for instance, you reduce the risk of getting heart disease or cancer. Drinking alcohol can lead to cirrhosis of the liver and car accidents. Overeating can affect your looks and can be a great risk for diabetes and high blood pressure. To avoid overweight, hold down sugar, cholesterol and salt in your diet. Eat more fresh fruit and vegetables «Apple a day keeps a doctor away» is a very smart saying. Follow the example and you will feel and look better.

Molecules from food are the materials from which our bodies build cells, blood and tissues, and provide energy needed for activities. Proteins and fats are the major building blocks for body growth. Carbohydrates (sugars and starches) are most efficient energy sources. Vitamins and minerals are also absolutely necessary. Despite the fact that different nations and cultures developed various diets, all of them supply the same basic materials. Mexicans, for example, get protein from beans and rice;



Americans obtain it from beef, Italians — from pasta and cheese. Each culture has its own source of vitamins and minerals. Differences in diets of various cultures are due to kinds of crops cultivated in different parts of the world.

People who are malnourished or undernourished, i.e. those who lack some molecular building blocks of the body, may have such symptoms as fatigue, drying and yellowing of the skin, deterioration of hair texture, and increased susceptibility to illness. They may lack vitamins and minerals responsible for regulation of the tissue activity.

Healthy lifestyle means regular exercising. Usually, as little as 15—30 minutes three times a week will help you feel healthier, sleep better and tone up sagging muscles.

Learn to handle stress, otherwise it may cause a lot of physical and mental problems. Always think of safety at home, at school, at work, and on the road. Obey traffic rules, buckle seat belts, don't drive too fast, take care. Scientists say that half of premature deaths can be prevented by changes in behavior and lifestyle. Changes in lifestyle can increase an average life-span and help you to stay healthy. Decisions you make every day influence your health now and will influence it in future.

Start with asking yourself some frank questions: What steps should I take to be healthy? Am I willing to begin now? Am I really doing all possible to stay healthy? If necessary, change your habits, don't stop, go ahead and be healthy.

## POST-TEXT ASSIGNMENTS

### **Exercise 6. Answer the following questions.**

1. What are basic materials for the body growth?
2. What can lead to serious diseases of human organism?
3. What can help us look and feel better?
4. Regular exercising is a must of the healthy lifestyle, isn't it?
5. How do Europeans get proteins in their diet?
6. What culture developed healthier diet, Mexican or Japanese?
7. What factors affect our health?
8. Why is it necessary to handle stress reasonably?
9. What does it mean «to be safety-minded»?

### **Exercise 7. Translate into English:**

Наприклад, дорожньо-транспортна пригода, переїдання, ефективне джерело енергії, сухість шкіри, сприйнятливність до хвороби, регулярні фізичні вправи, середня тривалість життя, передчасна смерть, дорожні правила, обвислі м'язи, змінити звички, погіршення текстури волосся, зміни в поведінці, справлятися зі стресом, брак молекулярних будівельних блоків, психічні розлади

### **Exercise 8. Divide the given words into the table:**

Basic, culture, smart, prevent, habit, keep, average, sleep, cultivate, source, influence,

premature, behavior, handle, frank, efficient, deterioration, increase, accident, healthy

Noun	Adjective	Verb

**Exercise 9. Divide the given words into the table:**

Muscles, sugar, cancer, heart, fat, cirrhosis, starch, liver, protein, diabetes, salt, hair, alcohol, mineral

Diseases	Organs	Substances

**Exercise 10. Match the words with their synonyms in the text**

Word	Synonym
for example	
Clever	
Elevated	
to get	
Different	
Aggravation	

**Exercise 11. Match the terms with their explanation.**

1. carbohydrates	a. lack of resistance to a disease				
2. stress	b. a collection of cells specialized to perform a particular function				
3. fat	c. any one of a large group of compounds including sugars and starches, important as a source of energy				
4. tissue	d. a disorder of carbohydrate metabolism due to lack of the pancreatic hormone insulin				
5. diabetes mellitus	e. a substance that contains one or more fatty acids and is the principal form in which energy is stored by the body				
6. susceptibility	f. any factor that threatens the health of the body or has an adverse effect on its functioning				
1	2	3	4	5	6

**Exercise 12. DIET. Fill in the blanks with the words below. You may use each word only once.**

activity            children            dietary            energy            include  
lean                nursing            nutrients            people            person  
products           rapidly            tissue            well-balanced

**Special Diets**

Certain groups of..... such as young children or older people have special...

needs. Because ... grow ... , they need food not only to replace worn-out tissues and provide... , but also to build new...

A child's diet should ... milk and milk ... , eggs, ... meat, poultry, fish, fruits, vegetables, and cereals.

A... diet is important to the older ... as it is to the child. Older people need as many...as young adults. But if their...is reduced, they will need fewer calories.

**Exercise 13. SMOKING. Choose the right answer.**

1. Smoking is a dirty ... .  
a) custom            b) fashion            c) habit            d) manner
2. You will die of lung cancer if you ..... in smoking so many cigarettes.  
a) assist            b) consist            c) insist            d) persist
3. It is well-known that smoking can do you great.....  
a) damage            b) danger            c) harm            d) trouble
4. His doctor advised him to ..... himself to three cigarettes a day.  
a) border            b) cage            c) keep            d) limit
5. I used to be quite a..... smoker, but I gave it up several years ago.  
a) bad            b) frequent            c) heavy            d) strong
6. Smoking is a very bad habit, which many people find difficult to ....  
a) beat            b) break            c) breathe            d) cough
7. Can you ..... me an effective way to stop smoking?  
a) advise            b) instruct            c) show            d) suggest
8. All cigarette packets carry..... about the effect of smoking on health.  
a) advice            b) alarm            c) alert            d) warning
9. Experts have found that breathing in tobacco smoke can be... to non-.smokers.  
a) harmful            b) spoiling            c) unhealthy            d) wholesome
10. You have a very bad cough. You must ... on cigarettes.  
a) cut down            b) give up            c) reduce            d) take down
11. Many people have..... smoking. Why don't you follow their example'.  
a) ended            b) given up            c) gone from            d) left

**Exercise 14. Speak about:**

- 1 .What are your ways to handle stress? Share your experience with your friends.
2. What do you usually have for breakfast, dinner or supper?

**Exercise 15. Perform this brief test that will tell you how well you are stay healthy. Scores of 14 to 16 will be excellent. If your score is from 9 to 11 it's good, but you still have some room for improvement. Scores of 1 to 5 show that you take serious risks with your health.**

- 1) I never smoke cigarettes (2)  
I smoke sometimes (1)  
I smoke cigarettes (0)
- 2) I eat fruit and vegetables, whole grain bread and dairy products every day (4)  
I limit the amount of fat, sugar and salt in my food (3)  
I have no limitations in my diet (0)

- 3) I avoid drinking alcohol (2)
  - I drink alcohol sometimes (1)
  - I use alcoholic beverages (0)
- 4) I exercise every day (4)
  - I do 15 min. exercises three times a week (2)
  - I do not exercise regularly (0)
- 5) I always obey safety rules (4)
  - I am careful using potentially harmful products (3)
  - I obey safety and traffic rules sometimes (1)

## FOOD

**Text: Food**

### PRE-TEXT ASSIGNMENTS:

**Exercise 1. Learn the new words:**

1. Beneficial	[beni'fi](ə)l]	вигідний, корисний
2. break down	[breik daun]	розбиватися
3. carbohydrate	[ka:bə'haidreit]	вуглевод
4. combustion	[kəm'bʌst](ə)n]	окислення, горіння
5. complicate	[ 'kɒmplikeit]	ускладнювати
6. composition	[kəm'pɒ'zi](ə)n]	склад
7. digest	[dai'dʒest]	перетравлювати (їжу)
8. enable	[i'neibl]	давати змогу
9. essential	[i'senʃəl]	необхідний, головний
10. fat	[fæt]	жир
11. Fuel	[fj:uəl]	паливо
12. Foodstuff	['fu:dstʌf]	продукти харчування
13. Maintain	[mein'tein]	підтримувати, зберігати
14. Matter	[mætə]	речовина
15. Repair	[ri'pɛə]	відновлювати
16. Starch	[sta:t]	крохмаль
17. wear out	[wɛə aut]	зношуватися

**Exercise 2. Guess the meaning of the following words:**

Building, activity, produce, energy, constantly, salt, regulator, nature, absorb, diet, fruit, vegetable

**Exercise 3. Read and translate the following word combinations:**

**Activity:** increased activity, mental activity, electrical activity, illegal activity, to stimulate activity

**Repair:** to repair easily, to try to repair, emergency repair, structural repair, vital repair, to make repair

**Substance:** harmful substance, poisonous substance, natural substance, pure substance, soluble substance, medicinal substance, to contain substance

**Tissue:** living tissue, human tissue, diseased tissue, brain tissue, connective tissue, surrounding tissue

**Matter:** complicated matter, living matter, sensitive matter, personal matter, important matter, legal matter, urgent matter

#### Exercise 4.

a) Form nouns using the suffix –TH, translate the new words:

Deep, long, true, wide, strong, grow, warm

b) Form nouns with the meaning instrument of action using suffixes -er(-or).

Translate them Sterilize, elevate, inhale, dilate, irrigate, transform, stimulate, time, regulate

#### Exercise 5. Read and translate the following word combinations:

Essential needs of the body; repair and growth of the tissues; extra building material, fuel supplies, essential foodstuffs, tissue activity, to produce the energy; living thing; digestive juices; blood stream; complicated compounds; plant and animal matter; to enter into the composition; saturated fat; to maintain diet.

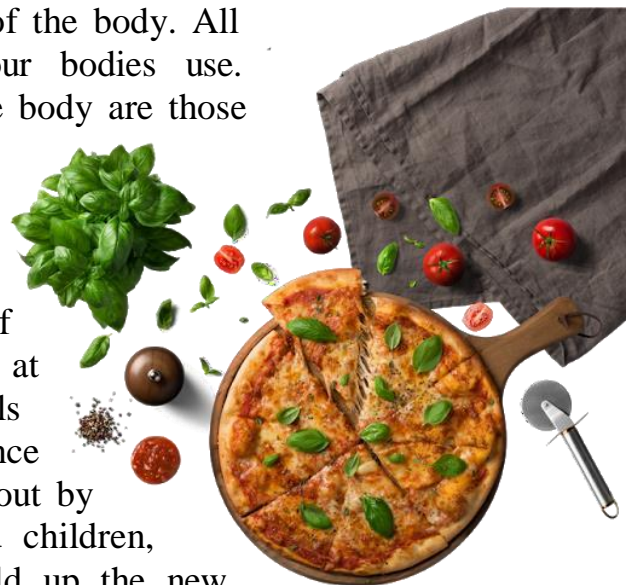
#### Exercise 6. Translate into your native language paying attention to Infinitives:

1. To be of use to the body foodstuffs must be digested and absorbed.
2. Other substances are necessary to enable the tissues to use the building materials.
3. Fuel is required to maintain the heat at which the individual exists.
4. Extra building material is required to build up the new tissue.
5. N.I.Pirogov was the first to use ether as anesthesia during operations.
6. To identify the virus serologic tests were made.

#### Exercise 7. Read and translate the text:

### FOOD

Food is one of the essential needs of the body. All food is made up of nutrients which our bodies use. Substances which can serve as food for the body are those which it can use either as (i) *fuel* for combustion, (2) *building material* for the repair and growth of the tissues, and (3) *regulators* of body activity. Fuel is required to produce the energy for the activities of every living thing and to maintain the heat at which the individual exists. Building materials are necessary to repair the body tissues, since they are constantly active and being worn out by their activities; in addition, in infants and children, extra building material is required to build up the new tissues needed for the processes of growth. Fuel supplies and building materials alone are, however, not enough. The vitamins and certain salts act as regulators of tissue activity.



There are six essential foodstuffs with which the body must be constantly supplied through the foods that we eat. These are:

Proteins.  
 Carbohydrates—*i.e.*, starch and sugar.  
 Fats.  
 Water.  
 Mineral salts.  
 Vitamins.

**Table of Foodstuffs, showing their Uses.**

<b>Body Builders</b>	<b>Fuel Foods</b>	<b>Regulators</b>
Proteins	Carbohydrates	Vitamins
Water	Fats	Salts
Salts	Proteins	

To be of use to the body these foodstuffs must be digested and absorbed. Food must therefore be of such a nature that it can be digested—*i.e.*, broken down by digestive juices into substances that can pass into the blood stream, and be carried to the various tissues for their use. Proteins, carbohydrates and fats are complicated compounds found in plant and animal matter, and require digestion. Water and mineral salts are simple inorganic substances; they can be absorbed, therefore, without digestion, they enter into the composition of all animal and plant matter. In fact, all living matter consists largely of water. The inorganic salts, absorbed from the soil or water, are built up by living things into organic salts.

**Healthy food** is food considered to be beneficial to health.

The goal of healthy eating is to develop a diet that you can maintain for life, not just a few weeks or months.

Finally, there are three main messages to follow for healthy eating: First, we should eat less fat, particularly saturated fat. Secondly, we are to cut down on sugar and salt. Thirdly, we must eat more fresh fruit and vegetables.

**POST-TEXT ASSIGNMENTS:**

**Exercise 8. Answer the questions:**

1. What is our food made up of?
2. What are the main functions of the food substances?
3. How many essential foodstuffs are there that are supplied through the foods?
4. What substances are used as body builders?
5. What substances are used as fuel foods?
6. What substances are used as regulators of body activity?
7. What are three main rules for healthy eating?

**Exercise 9. Exclude the unnecessary word from the logical sequence:**

- |               |            |             |             |
|---------------|------------|-------------|-------------|
| 1. a) protein | 2. a) heat | 3. a) blood | 4. a) water |
| b) fat        | b) warmth  | b) lymph    | b) hydrogen |

c) carbohydrate  
d) hemoglobin

c) coolness  
d) refrigeration

c) oil  
d) gastric juice

c) oxygen  
d) carbon dioxide

**Exercise 10. Give English equivalents of the following word combinations:**

Здорове харчування; складні сполуки; нова тканина; насичені жири; процес росту; постачання палива; діяльність усіх живих істот; поживні речовини; проста, неорганічна речовина; відновлення тканини; будівельний матеріал; необхідні продукти харчування

**Exercise 11. Read and translate the information given below. Be ready to use it in the story of your own.**

**Carbohydrate** is any one of a large group of compounds, including the sugars and starch that contain carbon, hydrogen, and oxygen. Carbohydrates are important as a source of energy: they are manufactured by plants and obtained by animals and man from the diet, being one of the three main constituents of food. All carbohydrates are eventually broken down in the body to the simple sugar glucose, which can then take part in energy-producing metabolic processes. Excess carbohydrate, not immediately required by the body, is stored in the liver and muscles in the form of glycogen. In plants carbohydrates are important structural materials (e.g. cellulose) and storage products (commonly in the form of starch).

**Fat** is a substance that contains one or more fatty acids (in the form of triglycerides) and is the principal form in which energy is stored by the body (in adipose tissue). It also serves as an insulating material beneath the skin (in the subcutaneous tissue) and around certain organs (including the kidneys). Fat is one of the three main constituents of food; it is necessary in the diet to provide an adequate supply of essential fatty acids and for the efficient absorption of fat-soluble vitamins from the intestine. Excessive deposition of fat in the body leads to 'obesity.

**Protein** is one of a group of organic compounds of carbon, hydrogen, oxygen, and nitrogen (sulphur and phosphorus may also be present). The protein molecule is a complex structure made up of one or more chains of 'amino acids, which are linked by peptide bonds. Proteins are essential constituents of the body; they form the structural material of muscles, tissues, organs, etc., and are equally important as regulators of function, as enzymes and hormones. Proteins are synthesized in the body from their constituent amino acids, which are obtained from the digestion of protein in the diet. Excess protein, not required by the body, can be converted into glucose and used as an energy source.

**Exercise 12. Match the terms with their explanation.**

1. starch	a) a collection of cells specialized to perform a particular function
2. tissue	b) the uptake of fluids or other substances by the tissues of the body
3. vitamin	c) the process in which ingested food is broken down in the

	alimentary canal
4. absorption	d) a simple sugar containing six carbon atoms, it is an important source of energy
5. digestion	e) any of a group of substances that are required in very small amounts for healthy growth and development
6. glucose	f) a white odorless tasteless granular or powdery complex carbohydrate

1	2	3	4	5	6

**Exercise 13. Put each of the following words into its correct position in the passage below.**

Animals	bowl	chopsticks	daily
Die	energy	European	grow
Healthy	knives	left	man
Mouth	people	plants	plates
Play	spoons		

### Food

Food is one of our most important ... needs. It gives us ... to work and ... It makes us grow, and keeps our bodies strong and ... . Without food, we ... . All living things – plants, ... and man - need food to live and ... . But only ... make their own food. They also provide food for animals and ... .

Customs influence the ways... eat. Most Americans and ... eat from individual ... using ..., fork, and ... . Arabs use only their .... hands to spoon foods from a central .... Chinese and Japanese use .... to pick up food from a small bowl held close to the ... .

**Exercise 14. Match the words with their antonyms in the text**

Word	Antonym
passive	
to waste	
old	
cold	
unsaturated	
at first	
Rarely	

## UNIT 2. GRAMMAR SECTION

### Іменник. Утворення Множини іменників. Присвійний відмінок The Noun. The Possessive Case.

#### **Вправа 1. Розподіліть іменники на дві групи: а) злічені, б) незлічені.**

Wool, air, airship, word, aviation, assistance, assistant, paper (папір), paper (газета), hour, bread, darkness, water, sea, cheese, happiness, event, glass (скло), glass (стакан), hero, sand, music, piano, friend, friendship, quickness, tobacco, cigarette, copper, armchair, coffee, ship, coin, university, money, ink, banknote, meat, silver, watch, timber, tree, idea, ice, furniture, chalk, heat, cow, milk, butter, horse, obligation, machine, equipment, instrument, speed, umbrella.

#### **Вправа 2. Утворіть форми множини іменників.**

Place, library, language, dress, fly, watch, clock, country, eye, bus, bush, party, ray, thief, company, Negro, mass, leaf, wolf, glass, key, fox, half, life, day, play, factory, city, colony, roof, month, opportunity, journey, shelf, hero.

Man, woman, tooth, foot, goose, child, mouse.

Postman, son-in-law, editor-in-chief, fisherman, schoolgirl, sister-in-law, textbook, pocket-knife, passer-by, statesman.

#### **Вправа 3. Утворіть форми присвійного відмінку іменників.**

1. The new club of the workers.
2. The poems of Lermontov.
3. The clothes of the boys.
4. The walls of the room.
5. The plays of Shakespeare.
6. The voice of his sister.
7. The orders of the Commander-in-Chief.
8. The pages of the book.
9. The watch of my friend Peter.
10. The birthday of my daughter Helen.
11. The parents of all the other boys.
12. The boats of the fishermen.
13. The opinion of the lawyer.
14. The signature of Mr. Brown.
15. The offer of the seller.
16. The conclusions of the expert.

#### **Вправа 4. Перекладіть англійською мовою.**

1. Чи знаєте Ви адресу Іванова?

2. Чи маєте Ви мапу Європи?
3. Робочий день мого брата починається о 9 годині.
4. Чи Ви спитали думку лікаря?
5. Сестра жінки мого брата працює на цій фабриці.
6. Чоловік моєї сестри Олени відбув до Києва.
7. Ми ще не отримали відповіді покупців.
8. Вони повідомили нас про прибуття пароплаву.
9. Мені не відомо ще рішення директора.

**Вправа 5. Доберіть іменник у необхідній формі.**

1. We are .....  
a) engineer's; b) engineers'; c) engineers ; d) engineer.
2. The ..... are on the table.  
a) matches'; b) matches; c) match; d) match's.
3. My ..... name is Mary.  
a) sister; b) sisters; c) sisters'; d) sister's.
4. My ..... flats are light and comfortable.  
a) friend's; b) friends'; c) friend; d) friends.
5. They are .....  
a) brother's; b) brothers'; c) brothers; d) brother.
- 6..... 2 children are the students.  
a) Mary's; b) Mary; c) Marys'; d) Maries.
7. What kind of..... is this ?  
a) classroom's; b) classrooms'; c) classroom; d) classrooms.
8. The ..... in my room are yellow.  
a) wall; b) walls; c) wall's; d) walls'.
9. Does your ..... wife speak Spanish well?  
a) friend; b) friends; c) friends'; d) friend's.
10. This .....is white.  
a) cup's; b) cups'; c)cup; d) cups.
11. What are your ..... names ?  
a) son's; b) son; c) sons'; d) sons.
12. Are these .....pupils ?  
a) boy and girl; b) boys and girls;  
c) boy's and girl's; d) boys' and girls'.
13. This .....is his sister.  
a) girl's; b) girls'; c) girl; d) girls.
14. Those books are our..... ones.  
a) student; b) student's; c) students'; d) students.

**Вправа 6. Доберіть іменник у необхідній формі.**

1. The ..... leaves are turning golden.  
a) tree; b) tree's; c) trees'; d) trees.
2. This .....is my sister.  
a) girl's; b) girls'; c) girl; d) girls.

3. We have two ..... , a boy and a girl.  
a) childs; b) childrens; c) children; d) child.
4. That ..... bag is very small.  
a) women; b) women's; c) woman's; d) woman.
5. Please cut this apple into two .....
- a) half; b) halves; c) halves; d) half's.
6. Many nurses in hospitals are .....
- a) woman; b) woman's; c) women; d) women's
7. This is Doctor ..... secretary.  
a) Black; b) Black's; c) Blacks; d) Blacks'.
8. That ..... is a very good specialist.  
a) man's; b) men's; c) man; d) men.
9. I stepped on the ..... tail.  
a) cat; b) cat's; c) cats; d) cats'.
10. Those ..... are green.  
a) pencil; b) pencils; c) pencils'; d) pencil's.
11. The ..... shoes are very dirty.  
a) children; b) children's; c) childrens; d) childrens'.
12. Send me seven .....
- a) pens; b) pen; c) pen's; d) pens'.
13. This ..... newspaper is very interesting.  
a) evening's; b) evening; c) evenings; d) evenings'.
14. That ..... is very beautiful.  
a) rose; b) rose's; c) roses; d) roses'.

**Вправа 7 Доберіть іменник у необхідній формі.**

1. They couldn't see the ..... land clearly.  
a) moon; b) moon's; c) moons; d) moons'.
2. It is impossible to change a ..... character.  
a) person's; b) person; c) persons; d) persons'.
3. Can you put the ..... of broken vase on the table ?  
a) piece's; b) pieces'; c) piece; d) pieces.
4. .... nests are made of little sticks and feathers.  
a) bird; b) birds; c) bird's; d) birds' .
5. This ..... belongs to Mr. Brown.  
a) shoe's; b) shoes'; c) shoes; d) shoe.
6. Don't forget about your ..... birthday.  
a) friends'; b) friend; c) friend's; d) friends.
- 7..... concert will be put off till next week.  
a) tonights; b) tonight's; c) tonight; d) tonights'.
8. The ..... pens and pencils are on the desks.  
a) children; b) children's; c) child's; d) childs'.
9. The ..... has eaten the cheese.  
a) mices; b) mouse's; c) mice; d) mouse.
10. There are several big ..... in London.

- a) parks'; b) park's; c) parks; d) park.
11. My ..... family has got a flat on the 6th floor.  
a) friend; b) friend's; c) friends; d) friends'.
12. Look! The baby is eating the ..... food.  
a) dogs; b) dog's; c) dog; d) dogs'.
13. What is the .... doing. in the boat ?  
a) man` s; b) mans; c) men; d) man.
14. My ..... favorite flowers are roses.  
a) mother's; b) mothers'; c) mothers; d) mother.

#### **4. Доберіть іменник у необхідній формі.**

1. .... face was covered with scratches.  
a) Joan; b) Joans'; c) Joan's; d) Joans.
2. All my ..... enjoyed themselves at my birthday party.  
a) friend; b) friends; c) friend's; d) friends'.
3. That is ..... business but mine.  
a) nobodys'; b) nobody's; c) nobody; d) nobodies.
4. Only a few ..... stay here.  
a) tourist's; b) tourists'; c) tourists; d) tourist.
5. The doctor ordered the ..... father to bring a glass of water.  
a) girl's; b) girls'; c) girl; d) girls.
6. The ..... names are Tom, John and Austin.  
a) boy's; b) boys'; c) boy; d) boys.
7. Did you fix these ..... all by yourself ?  
a) shelf; b) shelf's; c) shelves; d) shelfes.
8. The ..... was still reading his newspaper.  
a) man; b) men; c) man's; d) men's.
9. .... health is much better now.  
a) Anns; b) Anns`; c) Ann` s; d) Ann.
10. His former ..... were very beautiful women.  
a) wife; b) wife` s; c) wives; d) wives.
11. The ..... work was ruined.  
a) day; b) days; c) day's; d) days'.
12. My friend is a ..... doctor now.  
a) children; b) childrens; c) child` s; d) children's.
13. What is your ..... name ?  
a) husband; b) husbands`; c) husband's; d) husbands.
14. My ..... face lighted with interest.  
a) friend; b) friends'; c) friend's; d) friends.

#### **5. Доберіть іменник у необхідній формі.**

1. My ..... office is near her house.  
a) sister; b) sisters; c) sister's; d) sisters'.
2. The ..... translation was correct.  
a) student; b) students; c) student's; d) students'.

3. I never saw a ..... look so worn.  
 a) mans; b) men's; c) man; d) men.
4. Are my ..... flats comfortable?  
 a) brother; b) brothers; c) brother's; d) brothers'.
5. His ..... name is Mary.  
 a) wife; b) wives; c) wife's; d) wives.
6. My ..... family live in Kiev.  
 a) friend's; b) friend; c) friends'; d) friends.
7. Some ..... don't like to play.  
 a) child; b) childs; c) childrens; d) children.
8. My ..... sons are 4 and 10.  
 a) sister; b) sisters'; c) sister's; d) sisters.
9. It took them an ..... to get there by car.  
 a) hour; b) hours; c) hour's; d) hours'.
10. His ..... health is still poor.  
 a) wives; b) wives; c) wife's; d) wife.
11. My friend is going to have his exam in two ..... time.  
 a) day; b) days; c) day's; d) days'.
12. My ..... friend wants to play chess at my place.  
 a) son; b) sons; c) son's; d) sons'.
6. His ..... daughter began playing the piano at the age of 5.  
 a) sisters; b) sisters'; c) sister's; d) sister.
7. She doesn't seem to worry what the other ..... think of her.  
 a) lady's; b) ladies; c) lady; d) ladies'.

**Прикметник**  
**The Adjective. Degrees of comparison of adjectives**

**Вправа 1. Утворіть ступені порівняння таких прикметників.**

Big, heavy, short, dirty, clean, near, bad, famous, little, much, clever, good, expensive, cheap, important, pale, hot, beautiful, large, practical, fat, early, pretty, happy, bright, dark, dry, flat, fresh, full, quick, late, nice, rich, sad, thin, thick, wet, weak, funny, easy, lazy, ugly, comfortable, quiet, far.

**Вправа 2. Виконайте вправу, використовуючи ступені порівняння прикметників.**

Sue's car isn't very big. She wants a *bigger* car.

This house isn't very modern. I prefer *more modern* ... houses.

1. You're not very tall. Your brother is ....
2. Bill doesn't work very hard. I work ....
3. My chair isn't very comfortable. Yours is. ....
4. Jill's idea wasn't very good. My idea was ....
5. These flowers aren't very nice. The blue ones are .....
6. My case isn't very heavy. Your case is ....
7. I'm not very interested in art. I'm ... in history.
8. It isn't very warm today. It was ... yesterday.
9. These tomatoes don't taste very good. The other ones tasted .....
10. Britain isn't very big. France is ....
11. London isn't very beautiful. Paris is ....
12. This knife isn't very sharp. Have you got a ... one?
13. People today aren't very polite. In the past they were ....

**Вправа 3. Виконайте вправу, використовуючи вищий ступінь порівняння прикметників.**

1. This building is very old. It's .... *the oldest building* ... in the town.
2. It was a very happy day. It was ... of my life.
3. It's a very good film. It's ... I've ever seen.
4. She's a very popular singer. She's ... in our country.
5. It was a very bad mistake. It was ... I've ever made.
6. It's a very pretty village. It's ... I've ever seen.
7. It was a very cold day. It was ... of the year.
8. He's a very interesting person. He's ... I've ever met.

**Вправа 4. Виконайте вправу, використовуючи необхідний ступінь порівняння прикметників.**

1. Which is (long) day of the year? 2. Winter is (cold) season. 3. Moscow is (large) than St. Petersburg. 4. My friend's car is not so (new) as my car. 5. Where is it (beautiful), in the mountains or near the sea? 6. It was (good) meal I've ever had. 7. It was (bad) cold I've ever had. 8. In spring the days are (long) than in winter. 9 It is (cold) today than it was yesterday. 10. The Russian grammar is (difficult) than the English one. 11. The Caucasus are (high) mountains in Europe. 12. Friendship is (strong) than steel. 13. (Long) day has an end. 14. Health is (good) than wealth.

**Вправа 5. Виконайте вправу, використовуючи необхідний ступінь порівняння прикметників.**

1. Oil is (light) than water. 2. We shall wait for a (dry) day to go on the excursion. 3. A bus is (fast) than a tram. 4. Take some of these sweets: they are very (nice). They are (nice) than the sweets in that box. 5. He clearly did not like the explanation, and as he listened to it, became (angry) and (angry). 6. He worked hard and (hard) as the end of the term came nearer. 7. The (tall) trees in the world grow in California. 8. Please be (careful) next time and don't spill the milk again. 9. Bobby was a (quiet) child. He was (quiet) than his sister. 10. Her eyes are (gray) than mine. 11. He was the (fat) man in the village. 12. As he went on, the box became (heavy) and (heavy). 13. My sister is the (tall) girl in her class. 14. Who is the (attentive) student in your group? 15. It is autumn. Every day the air becomes (cold), the leaves (yellow). 16. This is the (beautiful) view I have ever seen in my life. 17. Your handwriting is now (good) than it was last year; but still it is not so (good) as Nick's handwriting. Nick has a (good) handwriting than you. And of course, Nellie has the (good) handwriting of all.

**Вправа 6. Виконайте вправу, використовуючи необхідний ступінь порівняння прикметників.**

1. The Trans-Siberian railway is (long) in the world. 2. The twenty-second of December is the (short) day of the year. 3. Iron is (useful) of all metals. 4. The Neva is (wide) and (deep) than the Moskva River. 5. Elbrus is the (high) peak in the Caucasian mountains. 6. His plan is (practical) than yours. 7. His plan is (practical) of all. 8. This room is (small) than all the rooms in the house. 9. London is the (large) city in England. 10. Silver is (heavy) than copper. 11. Our house is (low) than yours. 12. This exercise is (good) than the last one. 13. My cigarettes are (bad) than yours. 14. Yesterday was the (hot) day we have had this summer. 15. When the war ended, the reconstruction of Moscow was resumed on a (large) scale than before. 16. The Battle of Stalingrad was the (great) battle of all times.

**Дієслово. Неозначені часи. Теперішній неозначений час. Минулий неозначений час. Майбутній неозначений час.**

**The verb. Indefinite Tenses. The Present Indefinite Tense. The Past Indefinite Tense. The Future Indefinite Tense.**

**Вправа 1. Надайте короткі та повні відповіді на такі питання.**

1. Is your town large? 2. Was last winter cold? 3. Are your friend's sisters beautiful? 4. Is it hot today? 5. Are you at the lesson? 6. Will you be at home in the evening? 7. Is your house in the centre of the city? 8. Will your mother be at home at 5 o'clock? 9. Were you free yesterday? 10. Is his answer good? 11. Will you be in town on Sunday? 12. Is mathematics difficult?

**Вправа 2. Утворіть питальні форми від таких дієслів.**

1. We are at the English lesson. 2. My friend was at the concert yesterday. 3. All the students are ready for the lesson. 4. They were in the garden yesterday. 5. Mary will be on duty tomorrow. 6. The lesson is over. 7. Nick was ill yesterday. 8. The schoolchildren will be at school on Monday.

**Вправа 3. Утворіть форми дієслова *to be* в *Present*, *Past* або *Future Indefinite*.**

1. My father ... a teacher. 2. He ... a pupil 20 years ago. 3. I ... a doctor when I grow up. 4. My sister ... not ... at home tomorrow. 5. She ... at school tomorrow. 6. ... you ... at home tomorrow? 7. ... your father at work yesterday? 8. My sister... ill last week. 9. She ... not ill now. 10. Yesterday we ... at the theatre. 11. Where ... your mother now? - She ... in the kitchen. 12. Where ... you yesterday? - I... at the cinema. 13. When I come home tomorrow, all my family... at home. 14. ... your little sister in bed now? - Yes, she.... . 15. ...you ...at school tomorrow? - Yes, I... . 16. When my granny ... young, she ... an actress. 17. My friend ... in Moscow now. 18. He ... in St. Petersburg tomorrow. 19. Where ... your books now? - They ... in my bag.

**Вправа 4. Перекладіть рідною мовою, утворіть нові речення, використовуючи форми теперішнього та майбутнього часів, змінюючи обставини часу.**

1. I remember you had a guitar. Right? 2. You had a lot of work last week, didn't you? 3. He had a lot of mail the day before yesterday. 4. Which of you had time to watch the TV last night? 5. Did you have lunch in the canteen today? 6. How many subjects did you have for your winter exam? 7. When did you last have a meeting? 8. I hardly ever had headaches when I was young. 9. You didn't have much homework

yesterday, either, did you. 10. He didn't have many subjects for his spring exam, either. 11. We had three minutes left to catch the train last time.

**Вправа 5. Утворіть нові речення, використовуючи форми минулого часу, добираючи обставини.**

1. I've got a very old typewriter, (several years ago) 2. He's always got the right answer to his teacher's questions. (when he was at school) 3. We have supper at eight o'clock. (last night) 4. What time do you have dinner? (yesterday) 5. Where do you and your colleagues have lunch? (the day before yesterday) 6. Have you got a headache? (this morning) 7. Has your friend got a country cottage? (when he was only a student) 8. We haven't got enough time to discuss all the problems. (last time) 9. I haven't got enough money to buy a fridge. (when I was last in the shop)

**Вправа 6. За прикладом утворіть загальні питання та надайте позитивні відповіді на них.**

*We had a meeting yesterday.*

*A. Did you have a meeting yesterday?*

*B. Yes, we did.*

1. We had an interesting discussion last time. 2. They had dinner in the new restaurant on Saturday. 3. I had a lot of work to do last month. 4. My son had a chill last week. 5. I had flu two months ago.

**Вправа 7. За прикладом утворіть повну та скорочену заперечну форму до таких речень.**

*I had an exam last week.*

*A. I didn't have an exam last week. Did you?*

*B. Yes, I did.*

1. We had a meeting yesterday afternoon. 2. I had a holiday in June. 3. My mother-in-law had a big birthday party last year. 4. We had a lot of work to do the day before yesterday. 5. We always had discussions after such talks.

**Вправа 8. Замість крапок запишіть дієслово *to have* у відповідній формі.**

1. You ... late supper yesterday. 2. You ... very good seats at the theatre next time. 3. He ... three lessons today. 4. ... he a book on mathematics last year? 5. My friend .... an English lesson tomorrow. 6. They ... a long talk about it 2 days ago. 7. My mother.... a big birthday party last year. 8. We ... a lot of work to do in some days. 9. Our students always ... discussions after such lectures. 10. My sisters usually ... much homework. 11. My parents ... a car next year. 12. She ... dinner in the new restaurant every Saturday.

### **Вправа 9. Перекладіть речення.**

1. It is too muddy here. Let us go down another street. 2. It was winter then. There was much snow in the street. 3. I hope it'll be warm in September. 4. They got to the river at 10 o'clock. It was quite dark. 5. When we come to Sochi it'll be spring. 6. It's night, but it's rather light outside. 7. It's very hot in here, isn't it? 8. It's late now. Ring them up, please. 9. It's six o'clock now. I think it's too early to wake him up. 10. It's very dark in the room. I can't see what is there in that far corner.

### **Вправа 10. Утворіть форми майбутнього та минулого часу, змінивши обставини часу.**

1. It's cold today. 2. It's late now. 3. It's dark in the room. 4. Is it warm there? 5. Is it cold there at this time? 6. It isn't too late to ring them up. 7. It isn't dark yet.

### **Вправа 11. Утворіть питальні та заперечні речення.**

1. You know the answer. 2. He has breakfast at 8.00. 3. He loves her. 4. Some pupils wear uniforms. 5. He trusts you. 6. The park closes at dusk. 7. He misses his mother. 8. The children like sweets. 9. He finishes work at 6.00. 10. He lives beside the sea. 11. This stove heats the water. 12. He usually believes you. 13. She plays chess very well. 14. He leaves home at 8.00 every day. 15. Ann arranges everything. 16. She agrees with you. 17. Their dogs bark all night. 18. Their neighbours often complain. 19. Tom enjoys driving at night. 20. Tom looks very well. 21. They sell fresh grape juice here. 22. He charges more than other photographers. 23. The last train leaves at midnight. 24. He relaxes at weekends. 25. She refuses to discuss it.

### **Вправа 12. Утворіть питальні та заперечні речення.**

1. She saw your brother. 2. We heard a terrible noise. 3. He slept till 10.00. 4. He looked at the picture. 5. They drank all the wine. 6. They set out early enough. 7. She thought about it. 8. The police caught the thief. 9. He hid the letter. 10. She found her watch. 11. My mother chose this hotel. 12. She lent you enough money. 13. Keiko taught Japanese. 14. Tom hurt his foot. 15. He broke his arm. 16. His wife came at 8.00. 17. He lost his wallet. 18. His son wrote a novel. 19. They flew to New York. 20. Ann drew you a map. 21. Tom laid the table. 22. Mr. Pitt fell downstairs. 23. She lost her way. 24. He forbade her leave. 25. I sent it to the laundry. 26. Jack kept the money. 27. He rode slowly. 28. They spent it all. 29. She sold the car. 30. Jean rang the bell. 31. The sun rose at 6.00. 32. The boys ran home. 33. He shook the bottle. 34. He forgave her.

### **Вправа 13. Утворіть форми майбутнього часу, використовуючи дієслова, надані у дужках.**

1. I (know) the result in a week. 2. You (be) in Rome tonight. 3. You (have) time to help me tomorrow? 4. It (matter) if I don't come home till morning? 5. You (be) able

to drive after lessons. 6. Do you think that he (recognize) me? 7. Unless he runs he (not catch) the train. 8. He (lend) it to you if you ask him. 9. I hope I (find) it. 10. If petrol pump attendants go on strike we (not have) any petrol. 11. He (believe) whatever you tell him. 12. I (remember) this day all my life. 13. Perhaps he (arrive) in time for lunch. 14. If he works well I (pay) him £10. 15. I wonder how many of us still (be) here next year. 16. If you think it over you (see) that I am right. 17. If you learn another language you (get) a better job. 18. I am sure that you (like) our new house. 19. Newspaper announcement: The President (drive) along High Street in an open carriage. 20. He (mind) if I bring my dog? 21. You (need) a visa if you are going to Spain. 22. You (feel) better if you've had a meal. 23. He (be) offended if you don't invite him. 24. She (have) £1000 a year when she is twenty-one. 25. If you put any more polish on that floor someone (slip) on it. 26. I wonder if he (succeed). 27. Papers (not be) delivered on the Bank Holiday. 28. I hope he (remember) to buy wine. 29. If you leave your roller skates on the path someone (fall) over them. 30. Announcement: Mrs Pitt (present) the prizes. 31. If you want twenty cigarettes you (have) to give me more money. 32. Notice: The management (not be) responsible for articles left on the seats. 33. If I drop this it (explode).

**Вправа 14. Доберіть необхідну часову форму дієслова, розкриваючи дужки.**

1. I shan't buy tomatoes till the price (come) down. 2. Stay here till the lights (turn) green. 3. When it (get) cold I'll light the fire. 4. The lift (not start) until you press that button. 5. She'll have to behave better when she (go) to school. 6. When you look at yourself in the glass you (see) what I mean. 7. He (be) here before you go. 8. I (lend) you my cassette recorder whenever you want it. 9. He (wake) up when we turn the lights on. 10. He (ring) us up when he arrives in England? 11. He will wash up before he (go) to bed. 12. I won't come to London till the bus strike (be) over. 13. I (give) the children their dinner before he (come) home. 14. They will be astonished when they (see) how slowly he works. 15. I'll pay you when I (get) my cheque. 16. I (go) on doing it until he tells me to stop. 17. I'll buy that house when I (have) enough money. 18. You (fall) rapidly through the air till your parachute opens. 19. We'll have to stay here till the tide (go) out. 20. When the Queen (arrive) the audience will stand up. 21. When the fog (lift) we'll be able to see where we are. 22. The refrigerator (go on) making that noise till we have it repaired. 23. As soon as the holidays begin this beach (become) very crowded. 24. The car (not move) till you take the brake off. 25. The alarm bell (go on) ringing till you press this button. 26. As soon as she (learn) to type I'll get her a job. 27. Look before you (leap). 28. We (have) to stay on this desert island till we can repair our boat. 29. Don't count on a salary increase before you actually (get) it. 30. When winter (begin) the swallows will fly away to a warmer country. 31. We can't make any decision till he (arrive) here.

**Тривалі часи дієслова. Теперішній тривалий час. Минулий тривалий час.**

**Майбутній тривалий час.**

**Continuous Tenses. The Present Continuous Tense.**

**The Past Continuous Tense. The Future Continuous Tense.**

**Вправа 1. Розкрийте дужки, вживаючи дієслова у Continuous Active.**

1. I (not to drink) coffee now. I (to write) an English exercise. 2. Your friend (to do) his homework now? 3. Look! The baby (to sleep). 4. My father (not to sleep) now. He (to work) in the garden. 5. What your sister (to do) now? – She (to wash) her face and hands. 6. What you (to do) at 4 o'clock yesterday? – I (to feed) my cat. 7. We (to play) badminton from 9 till 11 yesterday. 8. When my father (to come) home yesterday, my mother (to make) supper. 9. Nick (to sleep) at 11 o'clock yesterday. 10. He (to repair) his bicycle the whole day yesterday. 11. I (to do) my homework at 6 o'clock tomorrow. 12. When I come home tomorrow, my family (to have) supper. 13. Don't come to my place tomorrow. I (to write) a composition the whole evening. 14. I (not to go) to the cinema tomorrow. I (to watch) TV the whole evening.

**Вправа 2. З'ясуйте час дієслів та запишіть речення, вживаючи їх відповідно у Present Continuous або Present Indefinite.**

1. What ... (you, see) in the corner over there? 2. Today George ... (work) all day long; but usually he ... (work) only in the morning. 3. At this moment we ... (do) an exercise on tenses. 4. It ... (rain), take your umbrella. 5. Mother is in the kitchen; she ... (make) coffee. 6. The sun ... (rise) in the east. 7. Leave me alone, I ... (work). 8. Run downstairs, your grandmother ... (wait) for you. 9. Keep quiet, we ... (listen) to the music. 10. Jack usually ... (read) novel in the evening, but today he ... (play) cards. 11. The girl who ... (pass by) ... (live) upstairs.

**Вправа 3. Поставте дієслова у формах Past Continuous або Past Indefinite.**

1. My friend ... (come) to see me yesterday. 2. As he ... (cross) the road, he saw his friend on the other side of the street. 3. I told him a joke and he ... (laugh). 4. I ... (talk) about him when he suddenly came in. 5. I ... (have) a bath when the bell rang. 6. What ... (you, do) yesterday at this time? 7. Jack's mother ... (cook) dinner, so he ... (leave) home unseen. 8. Who ... you (dance) with when I ... (want) to talk to you? 9. At six o'clock Mr. Smith ... (stand) outside the metro station waiting for a friend. 10. As he ... (eat), he could not answer my question clearly. 11. He smiled at me in a friendly way when he ... (see) me. 12. I lost my fountain pen while I ... (work) in the garden. 13. Who ... (tell) you to come to see me? 14. She went into the kitchen and found the milk ... (boil) over. 15. When I ... (come) out, I ... (receive) a letter from Smith.

#### **Вправа 4. Утворіть питальні речення.**

1. The teacher is explaining a very difficult rule. 2. John was speaking French on the telephone when his parents came. 3. I shall be watching the TV program the whole evening tomorrow. 4. They were studying the subject, when I joined them.

#### **Вправа 5. Запишіть дієслова у дужках у Present Continuous Tense.**

1. She (not work), she (swim) in the river. 2. He (teach) his boy to ride. 3. Why Ann (not wear) her new dress? 4. The airplane (fly) at 2,000 meters. 5. What Tom (do) now? He (clean) his shoes. 6. It (rain)? Yes, it (rain) very hard. You can't go out. 7. Why you (mend) that old shirt? 8. You (not tell) the truth. How do you know that I (not tell) the truth? 9. Who (move) the furniture about upstairs? It's Tom. He (paint) the front bedroom. 10. Mrs. Jones (sweep) the steps outside her house. 11. What you (read) now? I (read) Crime and Punishment. 12. It is a lovely day. The sun (shine) and the birds (sing). 13. Why you (make) a cake? Someone (come) to tea? 14. Where is Tom? He (lie) under the car. 15. Can I borrow your pen or you (use) it at the moment? 16. You (do) anything this evening? No, I'm not. Well, I (go) to the cinema. Would you like to come with me? 17. Ann usually does the shopping, but I (do) it today as she isn't well. 18. Why you (type) so fast? You (make) a lot of mistakes. 19. Mother (rest) now. She always rests after lunch. 20. They (dig) an enormous hole just outside my gate. What they (do) that for? I don't know. Perhaps they (look) for oil. 21. What (make) that terrible noise? It is the pneumatic drill. They (repair) the road. 22. The children are very quiet. Go and see what they (do). They (cut) up some £5 notes. 23. What you (wait) for? I (wait) for my change; the boy just (get) it. 24. I cannot hear what you (say); the traffic (make) too much noise.

#### **Вправа 6. Утворіть форми Present Simple або Present Continuous.**

1. Cuckoos (not build) nests. They (use) the nests of other birds. 2. You cannot see Tom now: he (have) a bath. 3. He usually (drink) coffee but today he (drink) tea. 4. What she (do) in the evenings? She usually (play) cards or (watch) TV. 5. I won't go out now as it (rain) and I (not have) an umbrella. 6. Hardly anyone (wear) a hat nowadays. 7. I'm afraid I've broken one of your coffee cups. Don't worry. I (not like) that set anyway. 8. I (wear) my sunglasses today because the sun is very strong. 9. Tom can't have the newspaper now because his aunt (read) it. 10. I'm busy at the moment. I (redecorate) the sitting room. 11. The kettle (boil) now. Shall I make the tea? 12. You (enjoy) yourself or would you like to leave now? I (enjoy) myself very much. I (want) to stay to the end. 13. How you (get) to work as a rule? I usually (go) by bus but tomorrow I (go) in Tom's car. 14. Why you (put) on your coat? I (go) for a walk. You (come) with me? Yes, I'd love to come. You (mind) if I bring my dog? 15. How much you (owe) him? I (owe) him £5. 16. You (belong) to your local library? Yes, I do. You (read) a lot? Yes, quite a lot. How often you (change) your books? I (change) one every day. 17. Mary usually (learn) languages very quickly but she (not seem) able to learn modern Greek. 18. I always (buy) lottery tickets but I never (win)

anything. 19. You (like) this necklace? I (give) it to my daughter for her birthday tomorrow. 20. I won't tell you my secret unless you (promise) not to tell anyone. I promise. 21. You always (write) with your left hand? 22. You (love) him? No, I (like) him very much but I (not love) him. 23. You (dream) at night? Yes, I always (dream) and if I (eat) too much supper I (have) nightmares. 24. These workers are never satisfied; they always (complain). 25. We (use) this room today because the window in the other room is broken. 26. He always (say) that he will mend the window but he never (do) it. 27. You (know) why an apple (fall) down and not up? 28. You (write) to him tonight? Yes, I always (write) to him on his birthday. You (want) to send any message? 29. Tom and Mr. Pitt (have) a long conversation. I (wonder) what they (talk) about. 30. You (believe) all that the newspapers say? No, I (not believe). Then why you (read) a newspaper? 31. This car (make) a very strange noise. You (think) it is all right? Oh, that noise (not matter). It always (make) a noise like that. 32. The fire (smoke) horribly. I can't see across the room. I (expect) that birds (built) a nest in the chimney. Why you (not put) wire across the tops of your chimneys? Tom (do) that sometimes but it (not seem) to make any difference.

### **Вправа 7. Утворіть форми Present Simple або Present Continuous.**

1. What Tom (think) of the Budget? He (think) it most unfair. I (agree) with him. 2. What this one (cost)? It (cost) forty pence. 3. You (hear) the wind? It (blow) very strongly tonight. 4. You (see) my car keys anywhere? No, I (look) for them but I (not see) them. 5. He never (listen) to what you say. He always (think) about something else. 6. This book is about a man who (desert) his family and (go) to live on a Pacific island. 7. You (understand) what the lecturer is saying? No, I (not understand) him at all. 8. What you (have) for breakfast usually? I usually (eat) a carrot and (drink) a glass of cold water. 9. Why you (walk) so fast today? You usually (walk) quite slowly. I (hurry) because I (meet) my mother at 4 o'clock and she (not like) to be kept waiting. 10. I (wish) that dog would lie down. He (keep) jumping up on my lap. I (think) he (want) to go for a walk. 11. You (recognize) that man? I (think) that I have seen him before but I (not remember) his name. 12. Look at that crowd. I (wonder) what they (wait) for. 13. This message has just arrived and the man (wait) in case you (want) to send a reply. 14. She always (borrow) from me and she never (remember) to pay me back. 15. You (need) another blanket or you (feel) warm enough? 16. It (save) time if you (take) the path through the wood? No, it (not matter) which path you take. 17. I (think) it is a pity you don't take more exercise. You (get) fat.

### **Вправа 8. Розкрийте дужки, вживаючи дієслова у Past Continuous Active.**

1. Detective: I'm afraid I must ask you both what you (do) yesterday at 10.20 p.m. Mr. X: I (play) chess with my wife. Mr. Y: I (listen) to a play on the radio. 2. The children were frightened because it (get) dark. 3. It was a fine day and the roads were crowded because a lot of people (rush) to the seaside. 4. The airplane in which the football team (travel) crashed soon after taking off. 5. He usually wears sandals but

when I last saw him he (wear) boots. 6. The house was in great disorder because he (redecorate) it. 7. The director didn't allow the actors to travel by air while they (work) on the film. 8. The car had nobody in it but the engine (run). 9. Two children (play) on the sand and two fishermen (lean) against an upturned boat. 10. I was alone in the house at that time because Mr. Jones (work) in the garage and Mrs. Jones (shop). 11. He said that he was the captain of a ship, which (sail) that night for Marseilles. 12. Are you going to Rome? I thought that you (go) to Milan. 13. My wife and I (talk) about you the other day. 14. When I first met him he (study) painting. 15. There was a strong smell and the sound of frying. Obviously Mrs. Jones (cook) fish. 16. Tom ate nothing for lunch because he (diet). He said that he (try) to lose 10 kilos. 17. Who you (talk) to on the telephone as I came in? I (talk) to Mr. Pitt. 18. As she (climb), the ladder it slipped sideways and she fell off it. 19. When I first met him he (work) in a restaurant. 20. He watched the children for a moment. Some of them (bathe) in the sea, others (look) for shells, and others (play) in the sand. 21. Where he (live) when you saw him last? 22. She (stand) at the bus stop. I asked her what bus she (wait) for. 23. From the sounds it was clear that Mary (practice) the piano. 24. There had been an accident and men (carry) the injured people to an ambulance.

**Вправа 9. Розкрийте дужки, вживаючи дієслова у Past Simple або Past Continuous Active.**

1. I lit the fire at 6.00 and it (burn) brightly when Tom came in at 7.00. 2. I (make) a cake when the light went out. I had to finish it in the dark. 3. I didn't want to meet Paul so when he entered the room I (leave). 4. Unfortunately when I arrived Ann just (leave), so we only had time for a few words. 5. He was very polite. Whenever his wife entered the room he (stand) up. 6. My dog (walk) along quietly when Mr. Pitt's Pekinese attacked him. 7. When I arrived she (have) lunch. She apologized for starting without me but said that she always had lunch at 12.30. 8. He always (wear) a raincoat and (carry) an umbrella when he walked to the office. 9. What you (think) of his last book? I (like) it very much. 10. I (share) a flat with him when we were students. He always (complain) about my untidiness. 11. He suddenly (realize) that he (travel) in the wrong direction. 12. He (play) the guitar outside her house when someone opened the window and (throw) out a bucket of water. 13. I just (open) the letter when the wind (blow) it out of my hand. 14. When I (look) for my passport I (find) this old photograph. 15. You looked very busy when I (see) you last night. What you (do)? 16. The boys (play) cards when they (hear) their father's steps. They immediately (hide) the cards and (take) out their lesson books. 17. He (clean) his gun when it accidentally (go) off and (kill) him. 18. He (not allow) us to go out in the boat yesterday as a strong wind (blow). 19. I still (lie) on the road when I (see) a lorry approaching. 20. Luckily the driver (see) me and (stop) the lorry in time. 21. How you (damage) your car so badly? I (run) into a lamp-post yesterday. I suppose you (drive) too quickly or were not looking where you (go). 22. As he (get) into the bus it (start) suddenly and he (fall) backwards on to the road. 23. When I (hear) his knock I (go) to the door and (open) it, but I (not recognize) him at first because I (not wear)

my glasses. 24. When I came in, they (sit) round the fire. Mr. Pitt (smile) at me and (say), 'Come and sit down. 25. While the guests (dance) thieves (break) into the house and (steal) a lot of fur coats. 26. The next day, as they (know) that the police (look) for them, they (hide) the coats in a wood and (go) off in different directions. 27. She was very extravagant. She always (buy) herself new clothes. 28. Her mother often (tell) her that she (spend) too much money but she never (listen).

**Вправа 10. Розкрийте дужки, вживаючи дієслова у Future Continuous Active.**

1. This time next month I (sit) on a beach. 2. When you arrive I probably (pick) fruit. 3. When we reach England it very likely (rain). 4. In a few days' time we (fly) over the Pyrenees. 5. I'll call for her at eight. No, don't; she still (have) breakfast then. 6. I (wait) for you when you come out. 7. When you next see me I (wear) my new dress. 8. My son will be in the sixth form next year. That means that old Dr Adder (teach) him mathematics. 9. You (do) geometry next term. 10. I'll look out for you at the parade. Do, but I (wear) uniform so you may find it hard to recognize me. 11. We have to do night duty here. I (do) mine next week. 12. In a hundred years' time people (go) to Mars for their holidays. 13. He (use) the car this afternoon. 14. I'll come at three o'clock. Good, I (expect) you. 15. They are pulling down all the old houses in this street. I expect they (pull) down mine in a few years' time. 16. I'd like to see your new flat. Well, come tomorrow, but it (not look) its best, for the painters still (work) on it. 17. Stand there, they (change) the guard in a minute and you'll get a good view. 18. You'd better go back now, your mother (wonder) where you are. 19. In fifty years' time we (live) entirely of pills. 20. What do you think the children (do) when we get home? I expect they (have) their supper. 21. It won't be easy to get out of the country. The police (watch) all the ports.

**Вправа 11. Розкрийте дужки, вживаючи дієслова у Future Simple або Future Continuous Active.**

1. You've just missed the last train! Never mind, I (walk). 2. I'll ring you tomorrow at six. No, don't ring at six; I (bath) the baby then. Ring later. 3. Mother: Your face is dirty. Child: All right, I (wash) it. 4. Will you have lunch with me on the 24th? I'd love to, but I'm afraid I (do) my exam then. 5. I (work) for Mr. Pitt next week as his own secretary will be away. 6. You (have) something to drink, won't you? 7. Why did you take his razor? He (look) for it everywhere tomorrow. 8. I hope you'll do well in the race tomorrow. I (think) of you. 9. Notice on board ship: In the event of an emergency all passengers (assemble) on the boat deck. 10. I don't feel well enough to go to the station to meet him. I (meet) him for you. But how I (recognize) him? He's small and fair, and he (wear) a black and white school cap. 11. I (leave) these flowers at the hospital for you. I (go) there anyway to visit my cousin. 12. You ought to try to get a ticket for the Spectators' Gallery next week; they (debate) international fishing rights. 13. You've left the light on. Oh, so I have. I (go) and turn it off. 14. I've just

been appointed assistant at the local library. Then you (work) under my sister. She is head librarian there. 15. I want to post this letter but I don't want to go out in the rain. I (post) it for you. I (go) out anyway as I have to take the dog for a walk. 16. Today is Guy Fawkes' Day; this evening people (let) off fireworks and (make) bonfires in the streets. 17. Wages have gone up, so I suppose prices (go up) too. 18. It is nearly autumn; soon the leaves (change) colour. 19. Mother (on phone): My son has just burnt his hand very badly. Doctor: I (come) at once. 20. Customer in restaurant: Waiter, this plate is dirty. Waiter: I'm sorry, sir, I (bring) you another. 21. In a few years' time we all (live) in houses heated by solar energy. 22. It's beginning to get dark; the streetlights (go on) in a few minutes. 23. We (not play) poker at the party tonight; our hostess doesn't approve of cards. 24. Let's wait here; the swing bridge (open) in a minute to let that ship through. 25. Guest: May I use your phone to ring for a taxi? Hostess: Oh, there's no need for that; my son (drive) you home. 26. Come on deck; we (enter) harbour in a few minutes. 27. Before you leave the office you (hand) the keys of the safe to Mr. Pitt. Do you understand? Yes, sir. 28. Are you nearly ready? Our guests (arrive) any minute. 29. Loudspeaker announcement: The ship (leave) in a few minutes and all persons not traveling are asked to go ashore. 30. Now that the parking regulations have become stricter, more people (use) public transport and (leave) their cars at home. 31. I've got rats in my basement and I don't know how to get rid of them. I (bring) my dog round whenever you like. He (catch) them for you.

**Перфектні часи. Теперішній перфектний час. Минулий перфектний час.  
Майбутній перфектний час .  
Perfect Tenses. The Present Perfect Tense. The Past Perfect Tense. The Future  
Perfect Tense.**

**Вправа 1. Розкрийте дужки, вживаючи дієслова у Past Indefinite або у Present Perfect.**

1. I ... (see) George a couple of minutes ago. 2. I... (lose) my glasses, help me to find them. 3. Now I ... (finish) my work, please have a look at it. 4. I...(never, see) such a rain. 5. We ... (not, see) our friends for a month. 6. Tom is a good student and...(learn) a lot this year. 7. Last week I... (make) an excursion to Cambridge. 8. During the last few weeks I ... (be) very busy. 9. What... (you, do) with my hat? It was here a minute ago. 10. Since 1950 our street ... (change) a lot. 11. He ... (be fast asleep) for three hours now. 12. Wait a minute! I ... (not, yet, finish) my meal! 13. When I was at Oxford, I ... (know) your brother very well. 14. Columbus ...(reach) the West India in 1492. 15. Where ... (you, be) all these weeks? 16. I remember what ... (happen): on Saturday I ... (have) a letter from aunt Susan. She ... (tell) me she needed to see me. So I ... (go) down to see her on Sunday.

**Вправа 2. Запишіть такі речення в заперечній та питальній формах.**

1. I have seen some new films since we saw each other last. 2. My friend had read some books of this author before he entered the Institute. 3. I'll have finished this work by 7 o'clock. 4. I have never got a bad mark at the exam. 5. The group will have carried out the plan by the 1-st of November.

**Вправа 3. Доберіть потрібну форму дієслова.**

1. They began talking about the meeting that (take place) the day before. 2. By eight o'clock John (lock) the rooms. 3. They seemed not to understand what Nelly (say). 4. He thought that the travelers (to get off) at one of the stations. 5. The weather which (to be) good up to then changed. 6. He asked her how she (spend) her holidays. 7. He said he (have) a tiring day. 8. It was many years since I last (see) her. 9. When he (come) to see me I (to look through) all the newspapers. 10. By that time the train (to pass) the Volga river. 11. I told him that I (never, smoke). 12. I (not yet, do) half the work when he came.

**Вправа 4 Розкрийте дужки у Past Perfect чи Past Perfect Continuous.**

When I entered the house something smelt awful. Someone 1) had been cooking (cook) and 2) \_\_\_\_\_ (burn) the meal. I 3) \_\_\_\_\_ (visit) the house

once before and 4) \_\_\_\_\_ (meet) the family but I didn't know what 5) \_\_\_\_\_ (happen) since then. The house was a mess. The children 6) \_\_\_\_\_ (play) in the living-room and 7) \_\_\_\_\_ (leave) their toys all over floor. Someone 8) \_\_\_\_\_ (leave) all the windows open. It 9) \_\_\_\_\_ (rain) for hours and all the curtains 10) \_\_\_\_\_ (get) wet and dirty. I asked the children where their parents were. They told me that their mother 11) \_\_\_\_\_ (be) in hospital for the past two weeks. Their father 12) \_\_\_\_\_ (look after) them since then. Obviously he 13) \_\_\_\_\_ (do) his best, but he couldn't do any better since he worked all morning and had to leave them alone most of the day. I had to do something to help them.

### Вправа 5. Розкрийте дужки у Future Perfect чи Future Perfect Continuous.

1. By 7.00 pm they will have been playing (play) cricket for eight hours.
2. I \_\_\_\_\_ (finish) painting your room by the time you get home.
3. By the end of next month I \_\_\_\_\_ (live) in London for exactly three years.
4. Tom \_\_\_\_\_ (write) his third novel by the end of this year.
5. By the time he arrives in London, John \_\_\_\_\_ (drive) for five hours.
6. This film \_\_\_\_\_ (probably/not/finish) until midnight.
7. How long \_\_\_\_\_ (you/study) English by the end of this term?
8. Don't worry! You \_\_\_\_\_ (forget) all about it by this time next year.
9. By Friday I \_\_\_\_\_ (work) on this project for two weeks.
10. Hopefully, he \_\_\_\_\_ (cook) dinner for us by the time we get home.
11. I \_\_\_\_\_ (read) this book by tomorrow night.
12. He hopes he \_\_\_\_\_ (make) a million pounds by the time he is thirty.
13. By 5 o'clock I \_\_\_\_\_ (do) this crossword puzzle for three hours.

### Вправа 6 Розкрийте дужки у Past Simple, Past Perfect потім установіть яка дія відбулась першою.

1. When I left (leave) the house, I realised (realise) that I had forgotten (forget) my keys.  
**First action:** had forgotten
2. After I \_\_\_\_\_ (finish) digging the garden I \_\_\_\_\_ (decide) to go for a walk.  
**First action:** \_\_\_\_\_
3. I \_\_\_\_\_ (lend) Fiona some money only after she \_\_\_\_\_ (promise) to give it back the next day.  
**First action:** \_\_\_\_\_
4. They kept arguing about the money their father \_\_\_\_\_ (leave) them in his will when he \_\_\_\_\_ (die).  
**First action:** \_\_\_\_\_

5. Kate \_\_\_\_\_(start) studying after John \_\_\_\_\_(leave).

**First action:** \_\_\_\_\_

6. I \_\_\_\_\_(buy) Beckie a plant yesterday because she \_\_\_\_\_(sing) so well in the concert the night before.

**First action:** \_\_\_\_\_

7. When I \_\_\_\_\_ (see) Julie, I \_\_\_\_\_ (realise) that I \_\_\_\_\_(meet) her before.

**First action:** \_\_\_\_\_

**Вправа 7. Розкрийте дужки, використовуючи необхідну форму майбутнього часу.**

1. In a fortnight's time we (take) our exam. 2. I (finish) this book by tomorrow evening. 3. I'll still be here next summer but Tom (leave). 4. I (finish) this job in twenty minutes. 5. By next winter they (build) four houses in that field. 6. At the rate he is going he (spend) all his money by the time he is twenty-one. 7. By this time next year I (save) £250. 8. By the time we get to the party everything (be) eaten. 9. The train (leave) before we reach the station. 10. If I continue with my diet I (lose) 10 kilos by the end of the month. 11. By the end of my university course I (attend) 1,200 lectures. 12. By the time that he leaves school his parents (spend) £25,000 on his education. 13. By the end of the term I (read) all twelve volumes. 14. When you come back I (finish) all the housework. 15. The police (hear) of the theft tomorrow. 16. We (drink) all that wine by the end of the year. 17. If we don't hurry the sun (rise). 18. I'm going to Hyde Park to hear the people making speeches. 19. You'll be too late. By the time you get there they (finish) their speeches and everybody (go) home. 20. By the end of the month 5,000 people (see) this exhibition. 21. On 21 October they (be) married for twenty-five years. 22. After this performance I (see) Hamlet twenty-two times. 23. The strike leader said, 'By midnight 500 men (come) out on strike.' 24. At your present rate you (burn) all that coal by the end of the month.

## UNITE 3 REVISION

### Test 1

#### *Task I. Choose the right English equivalent of the Ukrainian term*

1. ушкодження

- A. cause                      B. death                      C. injury                      D. surface

2. язик

- A. tongue                      B. heart                      C. wrist                      D. forehead

3. відділення

- A. reception                      B. department                      C. disorder                      D. hospital

4. знімати біль

- A. pain                      B. treatment                      C. indicate                      D. relieve

5. медична сестра

- A. surgeon                      B. nurse                      C. nasal                      D. obstetrician

#### *Task II. Choose the Ukrainian variant of the English term*

1. urine

- A. стегно                      B. сеча                      C. судома                      D. кров

2. examine

- A. підтверджувати                      B. тримати                      C. оглядати                      D. спостерігати

3. kidney

- A. нирка                      B. легеня                      C. кишечник                      D. селезінка

4. sore throat

- A. біль у стегні                      B. біль у ступні                      C. біль у м'язі                      D. біль у горлі

5. poisonous

- A. отруйний                      B. початковий                      C. дозований                      D. первинний

#### *Task III. Choose the appropriate answer (A, B, C or D)*

1. A doctor on duty \_\_\_\_\_ the hospitalized patients and \_\_\_\_\_ his instructions.

- A. examine, give                      B. examines, gives                      C. examines, gave                      D. is examined, is given

2. The medical facility \_\_\_\_\_ than a hospital is generally called a clinic, and often is run by a government agency for health services.

- A. small                      B. the smallest                      C. smaller                      D. the smaller

3. The skin that \_\_\_\_\_ by your nail is known as a nail bed.

- A. covering                      B. cover                      C. are covered                      D. is covered

4. The lower extremity called the leg consists \_\_\_\_\_ the hip, the knee, the calf, the ankle and the foot.

- A. on                      B. of                      C. upon                      D. -

5. What \_\_\_\_\_ the principal parts of the human body?

- A. is                      B. are                      C. was                      D. were

6. Each eye \_\_\_\_\_ the eyelids and the eyelashes that grow along the edge of the eyelids.

- A. was                      B. has                      C. have                      D. are

7. Today, hospitals \_\_ largely \_\_by professional physicians, surgeons, and nurses, whereas in the past, this work was usually performed by the founding religious orders.

A. is staffed                      B. staffed                      C. are staffed                      D. is staffing

8. The development of the microscope by Leeuwenhoek in the 1600s \_\_scientists to visualize micro-organisms for the first time.

A. allowed                      B. was allowed                      C. allow                      D. didn't allow

9. Few diseases \_\_ such widespread effects on the number of deaths in the modern world as the flu.

A. were                      B. has had                      C. has                      D. have had

10. Sometimes, not clear what causes a disease.

A. is                      B. it's                      C. it                      D. it were

**Task IV. Choose the correct Ukrainian translation of the English sentences**

**1. Many diseases are thought to be caused by a combination of genetic, lifestyle, and environmental factors.**

A. Багато захворювань викликані поєднанням генетики, способом життя і факторами навколишнього середовища.

B. Багато захворювань були викликані поєднанням генетики, способом життя і факторами навколишнього середовища.

C. Багато захворювань, як вважалось, викликані поєднанням генетики, способом життя і факторами навколишнього середовища.

D. Багато захворювань, як вважають, викликані поєднанням генетики, способом життя і факторами навколишнього середовища.

**2. Both Ann and Jane have decided to become obstetricians.**

A. І Анна і Джейн вирішили стати акушерками.

B. І Анна і Джейн вирішили стати медсестрами.

C. Ні Анна ні Джейн не вирішили стати акушерками.

D І Анна і Джейн хочуть стати акушерками.

**3. It's obvious that Dr. Green will not confirm Dr. Brown's diagnosis.**

A. Напевно, що доктор Грін не підтвердив діагноз доктора Брауна.

B. Напевно, що діагноз доктор Гріна не буде підтверджений доктором Брауном.

C. Напевно, що доктор Грін не підтвердить діагноз доктора Брауна.

D. Мені здається, що доктор Грін не підтвердив діагноз доктора Брауна.

**4. I am short of breath.**

A. Мені не вистачало повітря.

B. Я затамую подих.

C. Я затамував подих.

D. Мені не вистачає повітря.

**5. Medical practitioners get a medical diploma from the university from which they graduated.**

- A. Лікарі отримують диплом університету, який вони закінчили.
- B. Сімейні лікарі отримали диплом університету, який вони закінчили.
- C. Лікарі отримають диплом університету, який вони закінчили.
- D. Сімейні лікарі отримують диплом університету, який вони закінчили.

Test 2

**Task I. Choose the right English equivalent of the Ukrainian term**

1. печінка

- A. trunk                      B. liver                      C. stomach                      D. spleen

2. кінцівка.

- A. extremity                      B. wrist                      C. elbow                      D. hip

3. обхід (хворих лікарем)

- A. beat                      B. bypass                      C. evasion                      D. round

4. позначати

- A. emphasize                      B. indicate                      C. reveal                      D. tell

5. попереджувати

- A. prevent                      B. denote                      C. anticipate                      D. know

**Task II. Choose the Ukrainian variant of the English term**

1. cause

- A. наслідок                      B. причина                      C. поява                      D. намір

2. death

- A. недостатність                      B. порушення                      C. розлад                      D. смерть

3. to admit

- A. прийняти                      B. зрозуміти                      C. успадкувати                      D. пропустити

4. brain

- A. голова                      B. мозок                      C. шия                      D. лоб

5. to cover

- A. покривати                      B. полегшувати                      C. знімати                      D. відчувати

**Task III. Choose the appropriate answer (A, B, C or D)**

1. The nail is a hard part \_\_\_\_ the end \_\_\_\_ a toe and finger.

- A. in, at                      B. of, in                      C. of, at                      D. at, of

2. Medical care is one of the \_\_\_\_ professions in the history of mankind.

- A. older                      B. oldest                      C. old                      D. most old

3. The nurse \_\_\_\_ return to the operating room in time.

- A. didn't return                      B. don't return                      C. wasn't returned                      D. were returned

4. The course structure and length \_\_\_\_ greatly among countries.

- A. varies                      B. is varied                      C. was varied                      D. vary

5. Neurology \_\_\_\_ the medical science that deals with the nervous system and disorders affecting it.

- A. are                      B. were                      C. is                      D. was

6. The patients are requested to give an account of recent events in \_\_\_\_ words.

- A. their                      B. them                      C. her                      D. his

7. Children \_\_\_\_ usually \_\_\_\_ to a pediatrician.

- A. is taken                      B. are taken                      C. were taken                      D. are took

8. The first term is usually the \_\_\_\_\_ for medical students  
A. hard                      B. most hard                      C. hardest                      D. harder
9. They \_\_\_\_\_ happy to see you tomorrow.  
A. will be                      B. are                      C. were                      D. will
10. In ancient times people believed that diseases \_\_\_\_\_ by the evil spirits.  
A. cause                      B. was caused                      C. were caused                      D. caused

**Task IV. Choose the correct Ukrainian translation of the English sentences**

1. The doctor has administrated this treatment during three months.  
A. Лікар призначив це лікування на три місяця.  
B. Лікар призначає приймати ці ліки на протязі трьох місяців.  
C. Лікар призначить це лікування на три місяця.  
D. Лікар не призначить приймати ці ліки на протязі трьох місяців.
2. Most people believe that experiments on animals should be stopped.  
A. Більшість людей вимагають, що експерименти на тваринах повинні бути зупинені.  
B. Деякі люди вимагали, що експерименти на тваринах повинні бути зупинені.  
C. Більшість людей вважають, що експерименти на тваринах повинні бути зупинені.  
D. Більшість людей наполягали, що експерименти на тваринах повинні бути зупинені.
3. He decided to pursue a career as a specialist in the field of surgery.  
A. Він вирішує продовжити свою кар'єру в якості спеціаліста в галузі хірургії.  
B. Він вирішив продовжити свою кар'єру в якості спеціаліста в галузі отології.  
C. Він вирішив мати професію спеціаліста в галузі хірургії.  
D. Він вирішує продовжити свою кар'єру в якості спеціаліста в галузі акушерства.
4. Dissection enables physicians to identify the cause of the death.  
A. Завдяки розтину лікарі можуть визначити причину смерті.  
B. Лікарі з точність можуть визначити причину смерті завдяки розтину.  
C. Причина смерті визначається за допомогою розтину.  
D. Розтин дозволяє лікарям визначити причину смерті.
5. During the scientific experiment the researchers are going to collect very interesting data.  
A. В ході наукового експерименту дослідники зібрили дуже цікаві дані.  
B. В ході наукового експерименту дослідники збираються зібрати дуже цікаві дані.  
C. Завдяки науковому експерименту дослідники зібрили дуже цікаві дані.  
D. В ході наукових експериментів дослідники зазвичай збирають дуже цікаві дані.

## Список використаної літератури:

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