

**ГОСУДАРСТВЕННОЕ ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ  
ВЫСШЕГО ПРОФЕССИОНАЛЬНОГО ОБРАЗОВАНИЯ  
«СИБИРСКИЙ ГОСУДАРСТВЕННЫЙ МЕДИЦИНСКИЙ УНИВЕРСИТЕТ  
ФЕДЕРАЛЬНОГО АГЕНТСТВА ПО ЗДРАВООХРАНЕНИЮ  
И СОЦИАЛЬНОМУ РАЗВИТИЮ»**

**Читаем  
на английском, немецком,  
французском**

**Учебное пособие для студентов медицинских (фармацевтических) вузов**

Томск  
Сибирский государственный медицинский университет  
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Пособие предназначено для студентов 1–2 курсов высших медицинских (фармацевтических) учебных заведений, владеющих английским, немецким и французским языками в объеме средней школы. Цель пособия – обучить студентов поисковому чтению на иностранных языках по специальности и нахождению в тексте конкретной необходимой информации. Пособие построено на аутентичных материалах и научно-популярных текстах медицинского характера на английском, немецком языках и французском языках, объединенных общей темой и представляющих большой интерес с точки зрения актуальности информации.

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Утверждено и рекомендовано к печати на объединенном учебно-методическом совете факультетов клинической психологии и психотерапии и экономики управления в здравоохранении СибГМУ (протокол № от 2008 г.) и Центральном методическом Совете СибГМУ (протокол № от 2008 г.).

## ПРЕДИСЛОВИЕ

Настоящее пособие предназначено для студентов 1–2 курсов высших медицинских (фармацевтических) учебных заведений, владеющих английским, немецким и французским языками в объеме средней школы. Пособие является продолжением рекомендованного УМО по медицинскому и фармацевтическому образованию вузов России учебного пособия «Говорим на английском, немецком, французском. Иностранные языки в медицинской практике». – Томск, 2007.

Цель данного издания – обучение студентов поисковому чтению на иностранных языках по специальности и на нахождение в тексте конкретной необходимой информации.

Пособие построено на аутентичных материалах и научно-популярных текстах медицинского характера на английском, немецком языках и французском языках, объединенных общей темой – «Ваше здоровье в ваших руках» и представляющих большой интерес с точки зрения актуальности информации.

Овладение приемами чтения осуществляется в результате выполнения предтекстовых, текстовых и послетекстовых заданий, которые построены по одной модели в рамках каждой темы.

Предтекстовые задания направлены на идентификацию сигналов-опор, облегчающих поиск.

В текстовых заданиях обучающимся предлагается выполнить упражнения на общее восприятие текста, а также на определение частей текста, которые представляют интерес с точки зрения читающего. Тексты также сопровождаются вопросно-ответными и другими активными упражнениями, целью которых является проверка беспереводного понимания читаемого.

Послетекстовые задания, в число которых входят и тесты, предназначены для проверки понимания прочитанного, для контроля степени сформулированности навыков и умений чтения, для формирования навыков и возможного использования полученной информации в будущей профессиональной деятельности.

Пособие разработано профессорско-преподавательским коллективом кафедры иностранных языков Сибирского государственного медицинского университета.

Над составлением тем по английскому языку работали следующие сотрудники:

- “Нервно-психическая анорексия” – Ошлыкова И.Ю.
- “Нервно-психическая булимия” – Семененко М.В.
- “Мы - то, что мы едим” – Саратовкина С.А.
- “Ешь, пей и не сожалей” – Пермякова Л.Б.

- “Диета для снижения холестерина” – Кулешова М.В.
- “Вредная привычка” – Саликаева О.В.
- “Как бросить курить?” – Морозов И.В.
- “Пассивное курение опасно для здоровья” – Калининчук Н.Н.
- “Пирамида активности” – Карташёва Ю.В.
- “Найди время для физических упражнений” – Уткина А.Н.
- “Усталость от работы” – Вялова Н.И.
- “Преодоление огорчений и потерь” – Стародубцева О.Г.
- “Энергия для здоровья” – Стасюк Н.А.
- “Пути преодоления тревожных состояний” – Петухова О.В.
- “Сообщество и состояние вашего здоровья” – Таушканова Т.К.
- “Биоритмы” – Морозова А. Е.

Над подготовкой тем по немецкому языку работали следующие сотрудницы:

- “Защитные факторы нашего здоровья” – Колесникова С.Ю.
- “Здоровое питание” – Ермакова К.М.
- “Исцеление солнцем” - Воронина Л.П.
- “Уход за нашей кожей” – Ермакова К.М.
- “Сбросим лишние килограммы!” – Чайковская В.И.
- “Здоровый образ жизни” – Чайковская В.И.

Тема по французскому языку «Как побороть желание курить» разработана Пеккер Л.И.

# АНГЛИЙСКИЙ ЯЗЫК

## Нервно-психическая анорексия

(Anorexia nervosa)

**1. Прочтите заголовок и предположите содержание текста.**

**2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.**

1. People with anorexia keep themselves underweight.
2. Anorexia is easy to treat because people with anorexia know about their illness.
3. People with anorexia are always thinking about food.

**3. Подберите окончания к следующим началам предложений.**

### **Beginnings...**

1. Anorexia nervosa is...
2. They think they are fat...
3. They are...
4. But for successful treatment...
5. Some people with anorexia...
6. People with anorexia will beg...
7. Treatment involves more than ...

### **...Endings**

- A) are given medicines for depression.
- B) changing the person's eating habits.
- C) even though they are very thin.
- D) an illness that usually affects teenage girls.
- E) and lie to avoid eating and gaining weight.
- F) people must want to change.
- G) always thinking about food.

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## **ANOREXIA NERVOSA**

### **What is anorexia nervosa?**

Anorexia nervosa is an illness that usually affects teenage girls. Teenage boys and grown-up women and men also can get it. People with anorexia think about being thin a lot of the time. They try to lose a lot of weight, and they are very worried about gaining weight. They think they are fat even though they are very thin. Anorexia is more than just a problem with food and weight. It is a way of using food and weight to deal with emotional problems.

### **What is the difference between anorexia and bulimia?**

People with anorexia keep themselves underweight. They starve themselves by not eating enough food, they don't eat high-calorie foods, and they may exercise too much. People with bulimia often eat huge amounts of food at one time and then make themselves throw up soon after eating. They also might take laxatives or water pills to keep from gaining weight. People with bulimia usually do not lose as much weight as people with anorexia.

### **Why do people get anorexia?**

No one knows why some people get anorexia. People with this problem may think they would be happier and more successful if they were thin. They want everything in their lives to be perfect. They think that having a thin body is one way to be perfect. People who have anorexia usually are good students. They may be in many school and community activities. They blame themselves if they do not get perfect grades or if other things in their lives are not perfect.

### **What other problems can anorexia cause?**

Girls and women with anorexia might stop having normal menstrual periods. People with anorexia have dry skin and might have fine hair growing on their body. The hair on their head may become thin. They may feel cold all the time, and they may get sick often. People with anorexia have a hard time concentrating. They are always thinking about food. It is not true that people with anorexia are never hungry. They are always hungry, but feeling hungry makes them think they have control over their lives and bodies. People with severe anorexia can even die of starvation.

### **How is anorexia treated?**

Anorexia is hard to treat because people with anorexia believe there is nothing wrong with them. People who have had the eating problem for less than six months or who have lost only a little weight may not have to stay in a hospital. But for successful treatment, people must want to change. They also must have support from their family and friends.

People with more severe anorexia need to be in a hospital, usually in a special unit for people with anorexia and bulimia. Treatment involves more than changing the person's eating habits. People with anorexia often need counseling for a year or more so they can change the feelings that cause their eating problems. These feelings may be about their weight or problems with their family, or about problems with how they think about themselves. Some people with anorexia are given medicines for depression.

**5. Выберите правильный вариант ответа.**

1. Anorexia nervosa is an illness that usually affects
  - A) only boys
  - B) both girls and boys
  - C) teenage girls
  - D) grown-up women
  
2. People with anorexia think about
  - A) gaining weight
  - B) being thin a lot of the time
  - C) problem with food
  - D) problem with drug
  
3. Anorexia is a way of using food
  - A) to deal with emotional problems
  - B) to lose as much weight as possible
  - C) to be perfect
  - D) to attract their family's attention
  
4. They may feel
  - A) depression
  - B) cold all the time
  - C) satisfaction
  - D) fear
  
5. People with severe anorexia can even die of
  - A) high-calorie food
  - B) laxatives
  - C) huge amounts of food
  - D) starvation
  
6. Anorexia is hard to treat because they believe
  - A) there is nothing wrong with them

- B) thin body is one way to be perfect
- C) they don't like to visit to a pediatrician
- D) they have no time to treat their illness

7. People with anorexia are

- A) in a sleepy state
- B) good students and may be in community activities
- C) very secretive about food
- D) healthy persons

8. Anorexia is a way of using food and weight to deal with

- A) uncontrollable urge to binge
- B) obsession
- C) depression
- D) emotional problems

9. Anorexia is

- A) an illness
- B) a vital position
- C) an emotional condition
- D) an emotional experience

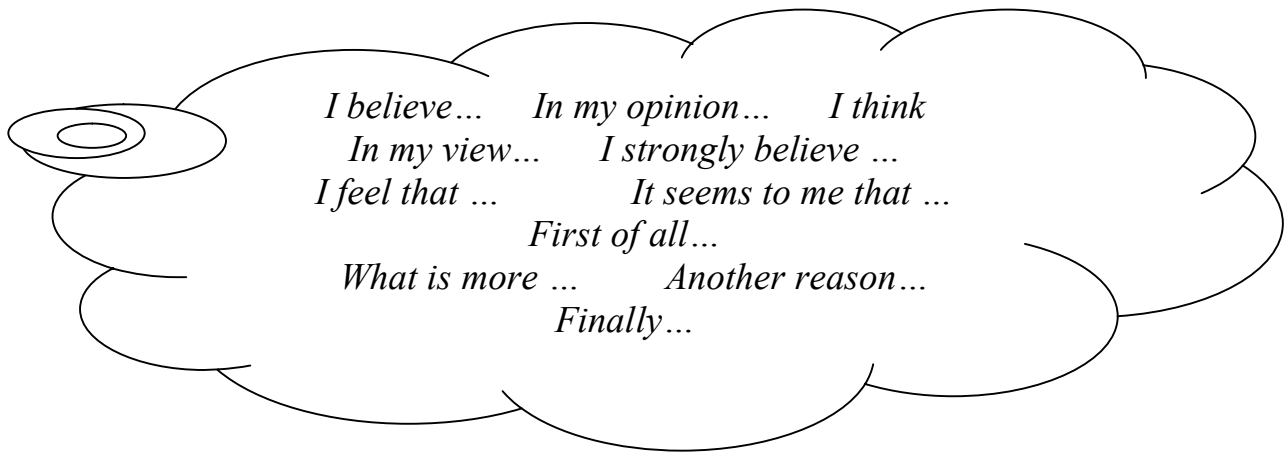
10. Girls with anorexia need counseling to change their feelings for

- A) a couple of weeks
- B) a year or more
- C) a whole time
- D) two months

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**





**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Нервно-психическая булимия

(Bulimia nervosa)

**1. Прочитайте ключевые слова и словосочетания, найдите подходящий заголовок для текста и кратко расскажите, о чём он.**

*Eating disorder, vomiting, to eat large amounts of food in a short period of time, bulimia, to affect.*

**2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.**

1. A person with bulimia suffers from obesity.
2. Bulimia is dangerous to health.
3. Bulimics over-exercise and may abuse diet pills to keep from gaining weight.
4. Bulimia affects girls.

**3. Подберите окончания к следующим началам предложений.**

## Beginnings...

## ...Endings

- |  |   |
|--|---|
| 1. A bulimic is afraid to eat with other people...   | A) purges the food <u>from her body</u> by vomiting or taking laxatives.                                    |
| 2. To ease her guilt <u>and</u> fear, she...   | B) tries to control two very strong impulses –the desire to be thin and the desire to eat.                  |
| 3. A person with bulimia...  | C) that mainly affects females between 15 and 24 years of age.  |
| 4. A bulimic may need hospitalization...   | D) to control the cycles of bingeing and purging and to replace needed nutrients in the body.               |
| 5. Constant upset stomach, constipation, sore throat <u>and</u> irregular menstrual periods... | E) because she cannot control the urges to binge or the urges to purge after eating normal amounts of food. |
| 6. People who develop bulimia often ...  | F) may be signs that a person has bulimia.  |
| 7. Bulimia is an eating disorder...  | G) have a hard time dealing with and controlling impulses, stress, and anxieties.                           |

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## **BULIMIA NERVOZA**

Bulimia nervosa is a disorder in which a person eats large amounts of food (“bingeing”) and then rids the body of that food before it can be absorbed (“purging”).

Bulimia usually develops between the ages of 15 and 24. Most bulimics are girls; however, boys can suffer from this disorder as well. A bulimic’s weight is usually within the range of what is normal for her size and height, but it tends to go up and down a lot because of all the bingeing and purging.

### **How does a person with bulimia behave?**

A bulimic no longer has full control over eating. She may be afraid to eat in restaurants or with other people because she cannot control the urges to binge or the urges to purge after eating normal amounts of food. This fear may cause her to avoid social situations and isolate herself from other people.

### **How does bulimia affect the body?**

- Teeth start to decay from contact with stomach acids during vomiting.
- Weight goes up and down.
- Menstrual periods become irregular.
- Periods of dizziness and blackouts occur.
- Constant upset stomach, constipation, and sore throat may be present.
- Damage to vital organs, such as the liver and kidneys, heart failure, and death can occur.

### **Who can be affected by bulimia?**

People who develop bulimia often have a hard time dealing with and controlling impulses, stress, and anxieties. Like anorexics, they are not happy with their body image and think they are overweight or fat. This leads them to start dieting, but then, in response to anxiety and other emotions, they give in to their impulses and cravings for food by bingeing.

Eating during a binge is almost robot-like. The bulimic chews and swallows without paying attention to what the food tastes like or whether she is hungry or full. Binges usually end when there is no more food to eat, when the stomach hurts so much from eating, or when something such as phone call breaks the bulimic’s concentration on bingeing.

After eating large amounts of food, the bulimic feels guilty and is afraid of gaining weight. To ease her guilt and fear, she purges the food from her body by vomiting or taking pills that cause diarrhea. After bingeing she may turn to extreme exercise or strict dieting. This period of “control” lasts until the next binge, and then the cycle starts all over again.

Bulimia becomes an attempt to control two very strong impulses - the desire to be thin and the desire to eat.

Some people have symptoms of both bulimia and anorexia (self-starvation). The following information shows some of the ways in which the disorders are alike and different.

**Similarities of people with eating disorders:**

Distorted body image; strong-willed, determined nature; obsessive thoughts about food, eating and body shape; depression; excessive exercise; overachiever, perfectionist; difficulty concentrating; poor self-esteem; vomiting and use of laxatives and/or diuretics to keep weight off; irritability; self-destructive behavior.

**Differences between people with eating disorders:**

**Anorexia**

Age range: persons 14 to 18 years old

Severe weight loss

Shockingly thin body

No menstrual periods

Denial of hunger

Denial of eating disorder

Strong resistance to treatment

Death from starvation or suicide

**Bulimia**

Age range: persons 15 to 24 years old

Slight weight changes

Normal weight appearance

Irregular menstrual periods

Pronounced hunger

Awareness of eating disorder

Accepting to treatment

Death from low potassium or suicide

Anorexia and bulimia are both very serious eating disorders that do not go away by themselves. However, eating disorders are treatable with help. A person with an eating disorder needs professional help to recover and become healthy again.

**5. Выберите правильный вариант ответа.**

1. Bulimia nervosa is a disorder in which a person

A) hardly eats anything and becomes dangerously thin

B) becomes more obsessed with food

C) eats huge amounts of food at one time and then makes herself throw up soon after eating

D) steals food

2. A bulimic is afraid of social situations and eating with other people because she

- A) chews each bite of food 30 times before swallowing
- B) may eat between 3,000 and 7,000 calories, often in less than a few hours
- C) feels guilty
- D) cannot control the urges to binge or the urges to purge after eating normal amounts of food

3. The following changes may be signs that a person has bulimia:

- A) constant upset stomach, constipation, normal weight appearance, the face and throat look puffy and swollen, teeth start to decay
- B) no menstrual periods, constipation, pain in the abdomen
- C) periods of dizziness and blackouts occur, anemia, severe weight loss
- D) depression, hair and fingernails become brittle and skin becomes dry

4. People develop bulimia because of

- A) some stomach disorder
- B) eating only “safe” foods, usually those low in calories and fat.
- C) poor self-esteem, extreme social pressures, a distorted body image, a family history of an eating disorder
- D) self-starvation

5. Binges usually end

- A) when a person has lost too much weight
- B) when there is no money to buy food
- C) after taking diet pills
- D) when there is no more food to eat or the stomach hurts so much from eating

6. After eating large amounts of food, the bulimic feels

- A) happy
- B) hungry
- C) guilty
- D) full

7. After bingeing she may

- A) exercise compulsively and follow a diet until the next binge

- B) have full control over eating
- C) die from suicide
- D) consult a doctor

8. Bulimia is harmful to

- A) weight
- B) a person's physical and mental health
- C) vital organs
- D) a healthy life

9. Bulimia and anorexia share some of the same symptoms:

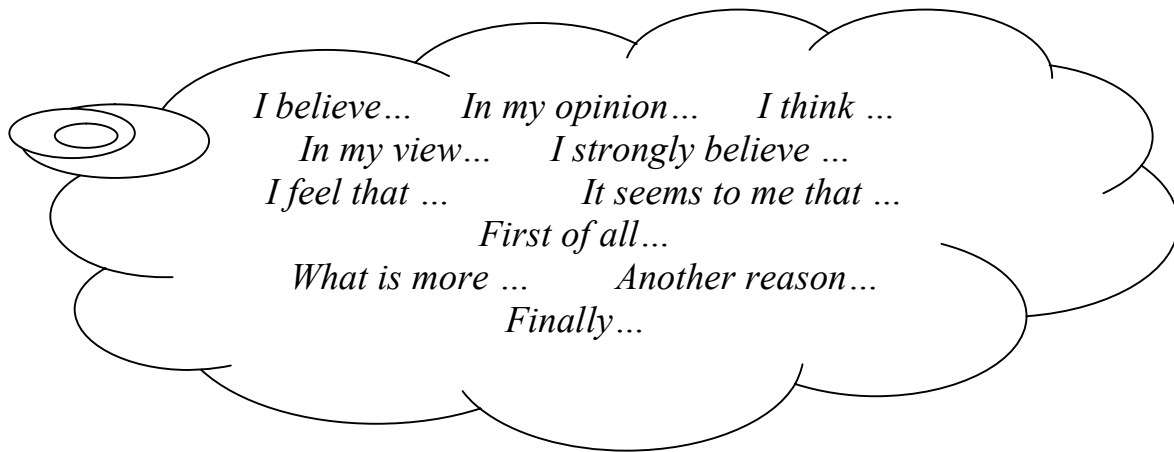
- A) depression, denial of hunger, excessive exercise
- B) overachiever, perfectionist, strong resistance to treatment
- C) poor self-esteem, obsessive thoughts about food, eating and body shape, vomiting and use of laxatives or water pills to keep from gaining weight
- D) strong-willed, determined nature, difficulty concentrating, death from starvation

10. Bulimia

- A) doesn't need special treatment
- B) may go away by itself
- C) is untreatable
- D) is treatable only with professional help

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Мы – то, что мы едим

(We are what we eat)

1. Прочтите заголовок и предположите содержание текста.

2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.

1. Chips, pizzas, coca cola and coffee are very useful for our health.
2. Obesity may cause serious diseases.
3. Teenagers in Britain go in for sports and spend hours in gyms.

3. Подберите окончания к следующим началам предложений.

## Beginnings...

## ...Endings

- |   |   |
|---|---|
| 1. Doctors say that you are obese if you...                   | A) can make you violent and anti-social.  |
| 2. Almost one-third of people living in the European Union... | B) spend 27 hours a week watching TV.   |
| 3. Foods with lots of additives, fat or sugar...              | C) weigh at least 30 % above ideal body weight.   |
| 4. What is tasty...   | D) are now overweight and one in 10 is obese.   |
| 5. Natural foods like fresh fruit and vegetables...           | E) are doubling.  |
| 6. Teenagers in Britain...                                    | F) contain lots of vitamins and minerals and can make you more intelligent, optimistic and energetic. |
| 7. Obesity rates in teenagers...                              | G) is not always healthy.   |

4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.



## WE ARE WHAT WE EAT

### (Do we live to eat?)

How much food do you think you will eat by the time you are seventy nine?

The average Frenchwoman, for example, will eat:

*25 cows*

*40 sheep*

*35 pigs*

*1,200 chickens*

*2.07 tonnes of fish*

*5.05 tonnes of potatoes*

*30000 litres of milk*

*13.000 eggs*

*50,000 loaves of bread*

*12,000 bottles of wine*

*9,000 litres of orange juice*

*6,000 litres of mineral water*

*1.37 tonnes of apples*

*768 kg of oranges*

*430 bags of carrots*

*720 kg of tomatoes*

*1,300 lettuces*

*Hundreds of packets of coffee, sugar, spaghetti, etc*

*8 kg of dirt*

Delicious, isn't it? How many cows and pigs have you swallowed already?

Scientists say that we eat about half-a-ton of food a year — not counting drink!

Some people eat even more.

### **Land of the fattest**

According to WHO (World Health Organization), Americans are the fattest people in the world. 55% of women and 63% of men over 25 are overweight or obese. (Doctors say that you are obese if you weigh at least 30% above ideal body weight.)

"Compared to Europeans, Americans eat all the time," writes Joanna Coles, a British correspondent for *The Guardian*. "At the hairdressers, in their cars, during college lectures, while waiting in hospital and at the cinema, where they arrive clutching monster buckets of pop-corn, Doberman sized hot-dogs and containers (!) of diet Pepsi."

### **The epidemic is spreading...**

Though America is the world leader in obesity, Europe is quickly catching up. According to WHO, almost one-third of people living in the European Union are now overweight and one in 10 is obese.

Britain has replaced Germany as Europe's most overweight nation! 20% of women and 17% of men are obese. And the English are fatter than the Scots or Welsh.

Russia, the Czech Republic and Finland also have some of the heaviest people in Europe.

Even in such countries as France, Italy and Sweden, Europe's slimmest nations, people (especially women) are becoming fatter.

Among the French, Italians and Swedish, who are considered to be Europe's slimmest nations, the number of overweight people is dramatically rising.



### **Why?**

We live in the era of fast food culture. We are always in a hurry. We have no time to relax and enjoy a meal. We want to eat *now* and we want to eat *fast*. Every day a new McDonald's restaurant opens somewhere on our planet. Soon American food will take over the whole world.

Another reason is lack of exercise. We spend too much time in front of our computers and TV-sets. We walk less, because we prefer to use cars or public transport. Yes, many people nowadays are exercise crazy, they spend hours in gyms - and then they rush to have a good snack!

### **Put down this packet of chips and listen up!**

What is tasty is not always healthy.

Doctors say that chips and pizzas are fattening, coca cola spoils our teeth, and coffee shortens our lives.

If you go on eating too much, you'll become obese, and obesity leads to heart disease, diabetes and stroke.

Some scientists believe that food influences not only our bodies but our spirits as well.

Foods with lots of additives, fat or sugar can make you violent and anti-social. Natural foods like fresh fruit and vegetables which contain lots of vitamins and minerals can make you more intelligent, optimistic and energetic.

So think twice before you start eating!

### **Being veggie is “in”**

More and more people nowadays become vegetarians.

A diet free from meat, researches say, has all the vitamins, minerals and protein you need.

And you could live longer as a veggie!

A vegetarian diet is not only healthier, but it is also kinder.

Animals grown for meat production are now kept in special factory farms. Pigs, calves and chickens are locked in boxes and cannot even turn around! Calves are kept thirsty- the lack of liquid keeps the meat white!

If you really care about animals — and most of us do — stop eating them!

### **There is a danger hanging over your life!**

If you are young and fit, don't think that this doesn't concern you. Teenagers, too, are getting fatter. Obesity rates in teens, according to experts, are doubling!

Surveys show that the favourite foods among teenagers both in Europe and the USA are:

**Hamburgers** (cheeseburgers, fishburgers, beefburgers, eggburgers... in fact anythingburgers!)

**chips** (they are called *French fries* in America)

**hot dogs**

**pizzas**

**ice-cream**

Besides, teenagers in Britain, for example, spend 27 hours a week watching TV, and nobody knows how much time they sit in front of their computers. What will today's teenagers look like when they grow up? Imagine yourself as a lazy, fat old man or woman with eyes glued to the TV screen, hands digging down in a packet of chips, munch-munch, staring at the glaring pictures. A real nightmare! As one of our teenage readers said: "No! Better die in a war, be kidnapped by terrorists or disappear as a hero climber of the Himalayas."

But this is the danger hanging over your life!

## **5. Выберите правильный вариант ответа.**

1. Scientists say that we eat...

A) half-a-centner of food a year

B) one ton of food a year

- C) half-a-ton of food a year
- D) two tons of food a year

2. Which one of the following countries has replaced Germany as Europe's most overweight nation?

- A) Russia
- B) Finland
- C) France
- D) Britain

3. If you go on eating too much, you will ...

- A) become slim
- B) live longer
- C) become obese
- D) have ideal body weight

4. The favourite food among teenagers both in Europe and the USA is ...

- A) fresh fruit
- B) vegetables
- C) hamburgers
- D) nuts

5. We are always in a hurry and have no time to enjoy a meal, we live in the era of...

- A) natural food
- B) fast food
- C) vegetarian food
- D) food with additives

6. What does obesity lead to?

- A) relaxation
- B) diabetes and stroke
- C) ideal body weight
- D) nightmares

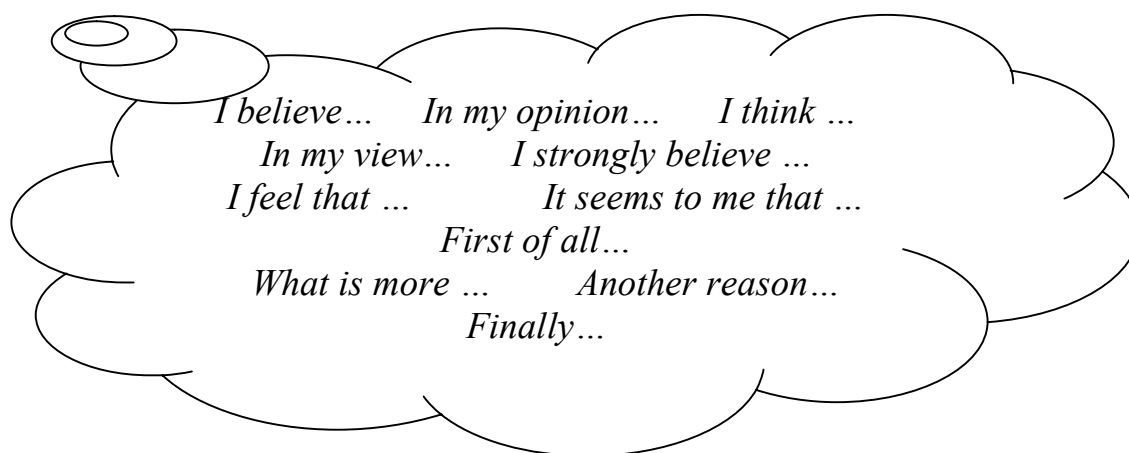
7. According to experts, obesity rates in teenagers are ...

- A) decreasing
- B) increasing
- C) doubling
- D) low

8. Researches say that a diet free from meat ...
- A) shortens life
  - B) spoils our teeth
  - C) leads to overweight
  - D) has all the vitamins, minerals and protein we need
9. What do vegetarians eat?
- A) hot dogs
  - B) vegetables and fruit
  - C) pizzas
  - D) meat
10. Which one of the following epidemics is spreading all over the world now?
- A) measles
  - B) cholera
  - C) plague
  - D) obesity

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Ешь, пей и не сожалей

(Eat, drink ...and don't be sorry)

1. Прочтите заголовок и предположите содержание текста.

2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.

1. Chocolate makes us feel depressed.
2. Sugar causes tooth decay.
3. Cheese and cream are rich in calcium.
4. Tea helps you sleep well.

3. Подберите окончания к следующим началам предложений.

## Beginnings...

## ...Endings

- |   |   |
|---|---|
| 1. We must keep in mind...                | A) to store sugar as fat.                           |
| 2. Chocolate is rich...                   | B) improves concentration of memory in the morning. |
| 3. Coffee and tea...                      | C) in iron, potassium and magnesium.                |
| 4. A bone disease, called osteoporosis... | D) can lead to colon cancer.                        |
| 5. It is hard for the body...             | E) increases alertness.                             |
| 6. Eating sugar at breakfast time...      | F) affects a third of all European women over 60.   |
| 7. A high intake of red meat...           | G) that moderation is a key to good health.         |

4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.

## EAT, DRINK...AND DON'T BE SORRY

In ancient Greek times, Epicurus lived by the philosophy: "Eat, drink and be merry, and let tomorrow take care of itself." Sadly, nowadays our **instinct** to enjoy ourselves has been replaced with feelings of guilt about what we should or shouldn't eat. But just how damaging are all those '**harmful**' foods we find

so **tempting**? Let's look more closely at the good and bad sides of our favourites.

**Chocolate** contains mild **stimulants** which help **concentration** and **boost** the brain's level of serotonin, a chemical that makes us feel good. Chocolate is also rich in iron, magnesium and potassium. **On the down side**, it is high in fat and calories and can interrupt sleep if eaten in the evenings.

**Sugar** is converted into energy more quickly than any other food, so it is hard for the body to store it as fat. Studies have shown that it makes you feel full more quickly, so you are less likely to overeat. Eating sugar at breakfast time has been shown to improve concentration of memory in the morning. The bad news is that sugar causes **tooth decay** and contains no useful nutrients.

Meat is an important food as it is a **major source of protein**, vitamin B and essential minerals. However, it also contributes a quarter of our daily fat intake. A high intake of red meat can lead to colon cancer, and beef is blamed of Creutzfeldt-Jacob Disease, an illness which affects the brains of humans.

Cheese and cream are rich in calcium and vitamin D, which help protect the system against osteoporosis, a bone disease affecting a third of all European women over 60. Unfortunately, butter is almost pure **saturated** fat and is very high in calories. Eating it is thought to lead to **hardening** of the arteries, which is known to cause heart attacks and **strokes**.

Coffee and tea contain caffeine, which increases **alertness**. Tea contains tannin and flavanoids which help prevent heart disease. On the other hand, since they are stimulants they can interrupt sleep and relaxation and therefore shouldn't be drunk in the evenings.

It seems, then, that we can feel free to enjoy all of these types of food, keeping in mind that moderation is a key to good health. So eat small amounts of these foods and forget about feeling guilty!

## 5. Выберите правильный вариант ответа.

1. Chocolate makes us feel...

- A) depressed
- B) sleepy
- C) concentrated
- D) full

2. Meat is an important food as it ...

- A) improves concentration of memory
- B) is a major source of minerals, vitamin B, protein
- C) is very high in fat and calories
- D) helps to protect bone system against osteoporosis

3. A high intake of red meat can lead to ...
  - A) colon cancer
  - B) osteoporosis
  - C) tooth decay
  - D) strokes
  
4. Osteoporosis is a disease which ...
  - A) leads to hardening of the arteries
  - B) affects the brains of humans
  - C) occurs in a third of all European women over 60
  - D) results from a high intake of calcium and vitamin D
  
5. Eating sweets...
  - A) increases the level of sugar in your blood
  - B) is a key to good health
  - C) deteriorates your memory
  - D) helps to prevent heart diseases
  
6. Drinking coffee and tea ...
  - A) may lead you to heart problems
  - B) helps you to concentrate your memory
  - C) can interrupt sleep and relaxation
  - D) makes us feel good
  
7. Is eating butter useful for us?
  - A) No, it has no nutritional value
  - B) Yes, it can help to prevent a disease of bones
  - C) No, eating it leads to hardening of the arteries
  - D) Yes, it contributes a quarter of our daily fat intake
  
8. Cheese and cream are rich in ...
  - A) iron, magnesium and potassium
  - B) calcium and vitamin D
  - C) tannin and flavonoids
  - D) protein
  
9. What are the good sides of chocolate?
  - A) It makes you feel full more quickly
  - B) It makes you feel good
  - C) It prevents heart diseases
  - D) It increases alertness

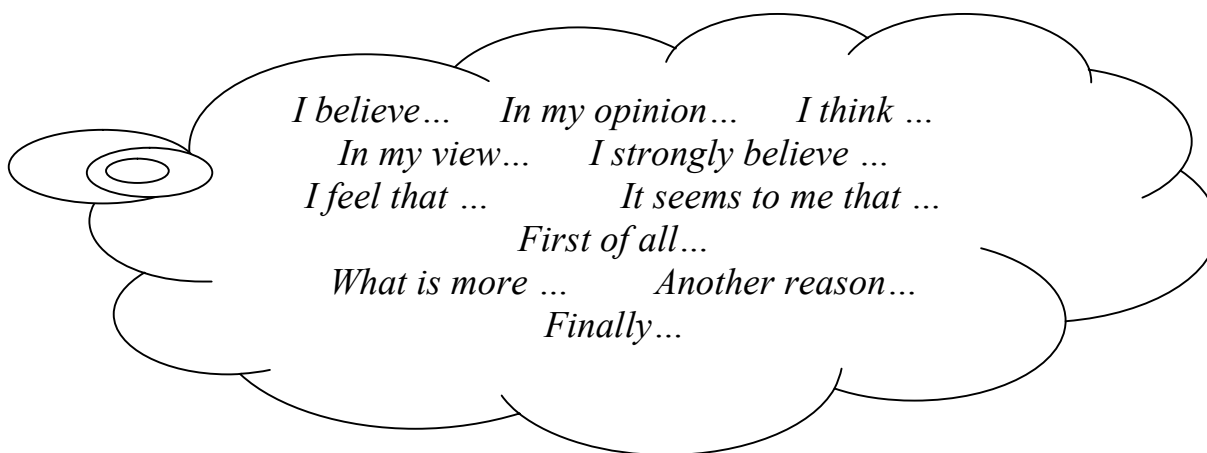


10. What are the bad sides of eating meat?

- A) It causes heart attacks
- B) It leads to osteoporosis
- C) It affects colon
- D) It contains no useful nutrients

6. Скажите, какие новые факты Вы узнали из текста.

7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:



8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.

# Диета для снижения холестерина

(Dietary guidelines for managing high cholesterol)

**1. Прочтите заголовок и предположите содержание текста.**

**2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.**

1. People with above-normal levels of cholesterol in their blood have a higher risk of developing atherosclerosis.
2. Other factors that increase the risk of developing atherosclerosis are cigarette smoking, obesity and high blood pressure.
3. Saturated fat tends to decrease blood cholesterol.

**3. Подберите окончания к следующим началам предложений.**

## Beginnings...

## ...Endings

- |  |  |
|--|--|
| 1. Cholesterol is a fat like substance that is...                                | A) most important for decreasing serum cholesterol.  |
| 2. Cholesterol and other fatty materials collect on the walls of the arteries... | B) lower blood cholesterol.                          |
| 3. Decreasing saturated fat intake is...   | C) necessary for many body functions.                |
| 4. Unsaturated fats in small amounts may...                                      | D) causing them to narrow and lose their elasticity. |
| 5. Cigarette smoking, high blood pressure, heredity increase...                  | E) in the body by the liver.                         |
| 6. People with above-normal levels of cholesterol in their blood have...         | F) a higher risk of developing atherosclerosis.      |
| 7. Cholesterol is produced...  | G) the risk of developing atherosclerosis.           |

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## **DIETARY GUIDELINES FOR MANAGING HIGH CHOLESTEROL**

Cholesterol is a fat-like substance that is necessary for many body functions. It is produced in the body by the liver and is present in the diet in animal products.

People with above-normal levels of cholesterol in their blood have a higher risk of developing atherosclerosis (hardening of the arteries). Cholesterol and other fatty materials collect on the walls of the arteries causing them to narrow and lose their elasticity. These changes interfere with circulation of the blood and can lead to heart attacks. Other factors that increase the risk of developing atherosclerosis are cigarette smoking, high blood pressure, lack of exercise, heredity, obesity and diabetes.

**Make the following dietary and lifestyle changes to decrease cholesterol levels:**

- Eat a more plant-based diet (choose more whole grains, fruit and vegetables).
- Decrease total fat intake. (Although decreasing saturated fat intake is most important for decreasing serum cholesterol, decreasing total fat intake also has health advantages.)
- Decrease saturated fat intake. Saturated fat tends to raise blood cholesterol.
- Use unsaturated fats (monounsaturated (preferred) and/or polyunsaturated). Unsaturated fats in small amounts may lower blood cholesterol.
- Decrease high cholesterol foods.
- Achieve and maintain a healthy body weight.
- Get regular exercise. My exercise plan is

### **How to decrease fat and cholesterol intake**

	<b>Use Instead</b>	<b>Go Easy On</b>	<b>Decrease</b>
<b>Grains</b> (6-11 servings per day)	Whole-grain breads and cereals, English muffins, bagels and bread sticks, brown rice, pasta, potatoes, low-fat crackers, plain popcorn, pretzels	Egg noodles, refined grains (such as white bread and white rice)	High-fat snack crackers and chips, biscuits, croissants

<b>Fruits and Vegetables</b> (5-9 servings per day)	Fresh, frozen, canned or dried fruits and vegetables	Avocado, olives	Coconut, fruits and vegetables with cream or heavy sauces, butter, or dips
<b>Milk</b> (2-3 servings per day)	Fat-free or low-fat (1%) milk, fat-free yogurt, low-fat cheese, low-fat cottage cheese (1-2%)	Reduced-fat milk (2%), ice milk, creamed cottage cheese (4%), part-skim-milk cheeses (mozzarella, ricotta, farmers cheese), low-fat yogurt	Whole milk, cheese or yogurt made from whole milk, ice cream
<b>Meat, Poultry, Fish, Beans</b> (eat no more than 6 ounces of meat per day)	Lean meats, fish, poultry without the skin, egg whites or egg substitutes, water-packed tuna or salmon, low fat cold cuts, low-fat hot dogs, dried beans, lentils	Peanut butter, nuts, fish canned in oil, oysters, shrimp, egg yolks	Organ meat, fatty and heavily marbled meats, spare ribs, cold cuts, hot dogs, sausage, bacon, fried meats
<b>Fat</b> (use sparingly)	Monounsaturated oils (olive, canola or peanut oil); polyunsaturated oils (sunflower, corn, sunflower, soybean, sesame or cottonseed); salad dressings made with unsaturated oils; tub margarine with the first ingredient listed as "liquid" oil	Mayonnaise, creamy salad dressings, reduced-fat sour cream or cream cheese, stick margarine	Saturated fats (butter, lard, bacon fat, gravy and cream sauces, cream, half-and-half, sour cream, cream cheese, shortening, cocoa butter, coconut oil, palm oil, palm kernel oil, most non-dairy creamers)
<b>Desserts/ Sweets</b> (use sparingly)	Angel food cake, vanilla wafers, fig bar cookies, sherbet, fat-free frozen yogurt	Cakes, cookies and muffins and other bakery products made with unsaturated fats	Rich baked goods (pies, cakes, cookies, donuts, commercial sweet rolls, pastries and muffins)
Low-fat is defined as less than or equal to 3 grams of fat per serving. Check the label.			

**5. Выберите правильный вариант ответа.**

1. To decrease fat and cholesterol intake use...
  - A) whole-grain breads and cereals
  - B) high-fat snack chips
  - C) biscuits
  - D) egg noodles
  
2. To decrease fat and cholesterol intake go easy on ...
  - A) whole milk
  - B) reduced – fat milk (2%)
  - C) cheese made from whole milk
  - D) ice-cream
  
3. To decrease fat and cholesterol intake decrease ...
  - A) hot dogs, sausage
  - B) peanut butter
  - C) low-fat cheese
  - D) dried fruits and vegetables
  
4. What do cholesterol and other fatty materials cause?
  - A) decrease blood cholesterol
  - B) lower blood cholesterol
  - C) narrow and lose the arteries elasticity
  - D) diabetes
  
5. What kind of risk do people with above-normal levels of cholesterol in their blood have?
  - A) obesity
  - B) low blood pressure
  - C) developing atherosclerosis
  - D) low blood cholesterol
  
6. To decrease cholesterol level one should ...
  - A) change the lifestyle
  - B) change the lifestyle and follow diet
  - C) decrease saturated fat intake
  - D) stop smoking
  
7. Is cholesterol produced in the body by ...?
  - A) spleen
  - B) kidneys

- C) liver
- D) gall-bladder

8. What kind of sweets is it possible to eat if you want to decrease fat and cholesterol intake?

- A) rich baked pies
- B) eat sweets only once a month
- C) bakery products made with unsaturated fats
- D) no sweets at all

9. Unsaturated fats in small amounts may ...

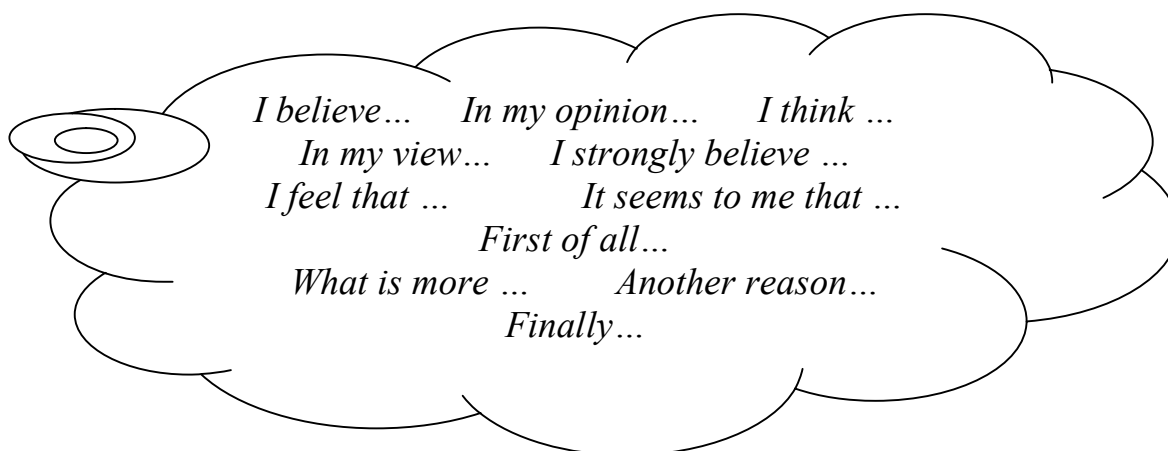
- A) increase blood cholesterol
- B) cause heart attack
- C) cause high blood pressure
- D) lower blood cholesterol

10. Cholesterol is necessary for ...

- A) low blood pressure
- B) prevention of obesity
- C) many body functions
- D) keeping fit

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Вредная привычка

(A harmful habit)

**1. Прочтите заголовок и предположите содержание текста.**

**2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.**

1. Smoking gives you bad breath, makes you cough and uses lots of your allowance every week.
2. Anyone who starts smoking runs a low risk of becoming addicted to nicotine.
3. Buying tobacco products is illegal for anyone under 18.

**3. Подберите окончания к следующим началам предложений.**

## Beginnings...

## ...Endings

- |   |  |
|---|--|
| 1. Smoking is one of the worst things kids or adults... | A) because it keeps them in business.                              |
| 2. Nicotine is a poisonous drug...                      | B) kill hundreds of thousands of Americans every year.             |
| 3. Cigarettes and smokeless tobacco...                  | C) using tobacco makes it harder to run and play sports.           |
| 4. Smoking will make your heart and lungs...            | D) can do to their bodies.   |
| 5. Kids who smoke are much more likely to get...        | E) it can even be used to kill insects!                            |
| 6. The companies count on kids to become hooked...      | F) pretty sick as you get older and can also give you lung cancer. |
| 7. Along with bad breath and stinky hair and clothes... | G) infections such as colds and pneumonia.                         |

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## **A HARMFUL HABIT**

Smoking is one of the worst things kids or adults can do to their bodies. Yet every single day almost 5,000 kids and teens under the age of 18 try smoking for the first time. Tobacco companies spend billions of dollars every year for ads and other ways to make sure that kids start buying tobacco. The companies count on kids to become hooked because it keeps them in business.

But no matter what the good-looking people in the ads and billboards say, smoking gives you bad breath, makes you cough, and uses lots of your allowance every week. Not only that, smoking will make your heart and lungs pretty sick as you get older and can also give you lung cancer.

### **What are smoking and smokeless tobacco?**

Tobacco is a plant that can be smoked in cigarettes, pipes, or cigars. It's the same plant that's in smokeless tobacco, known as dip, chew, snuff, spit, or chewing tobacco.

Smokeless tobacco is not lit and breathed in like tobacco in cigarettes, pipes, and cigars. Instead, smokeless tobacco is put between the lip and gum and sucked on inside the mouth.

Tobacco contains nicotine, a chemical that causes a tingly or good feeling-but that feeling only lasts for a little while. What's worse is that nicotine is addictive. This means that if you start to use nicotine, your body and mind will become so used to it that you'll need, to have it just to feel OK. Anyone who starts smoking runs a high risk of becoming addicted to nicotine. In fact, nicotine is said to be even more addictive than heroin or cocaine. And nicotine is a poisonous drug - it can even be used to kill insects! Do you really want that in your body?

### **Why Are Smoking and Smokeless Tobacco So Bad for You?**

Cigarettes and smokeless tobacco kill hundreds of thousands of Americans every year. Nicotine and the dozens of other poisonous chemicals in tobacco cause lots of diseases, like heart problems and some kinds of cancer. Some of these illnesses take years to develop, but others can show up right away. For example, kids who smoke are much more likely to get infections such as colds and pneumonia. Each time you light up, it hurts your heart, lungs, and brain. And the longer you smoke, the worse the damage becomes.

Along with bad breath and stinky hair and clothes, using tobacco makes it harder to run and to play sports. It also makes it more difficult for blood to move around in the body, so smokers often feel tired and cranky, and they can't think as quickly as their friends. Using tobacco eats a lot of money, too: ciga-



rettes can cost more than S 5 per pack! For people who smoke a pack a day, it adds up to more than S 1500 every year. That's a lot of CDs, games, clothes, and books! And because buying tobacco products is illegal for anyone under 18, kids are breaking the law every time they smoke or chew. Kids who smoke are also more likely to get in trouble at school and get lower grades.

People can get addicted to nicotine really quickly, and kids might lying and making excuses to leave home or school to go smoke or chew tobacco. Kids who smoke may also lie to their friends or their parents about where they go, what they do, and how they spend their money. And if you smoke, friends who don't use tobacco may not want to be around you anymore. Is tobacco worth all this trouble?

**5. Выберите правильный вариант ответа.**

1. Smoking will make your heart and lungs...

- A) pretty sick
- B) pretty strong
- C) healthful

2. Nicotine is ...

- A) useful
- B) addictive
- C) tasteful

3. Kids who smoke are ...

- A) clever
- B) healthful
- C) much more likely to get infections

4. The longer you smoke...

- A) the better you are
- B) the worse the damage becomes
- C) you become more beautiful

5. Buying tobacco products is illegal for anyone...

- A) under 14
- B) under 18
- C) under 16

6. Friends who don't use tobacco...

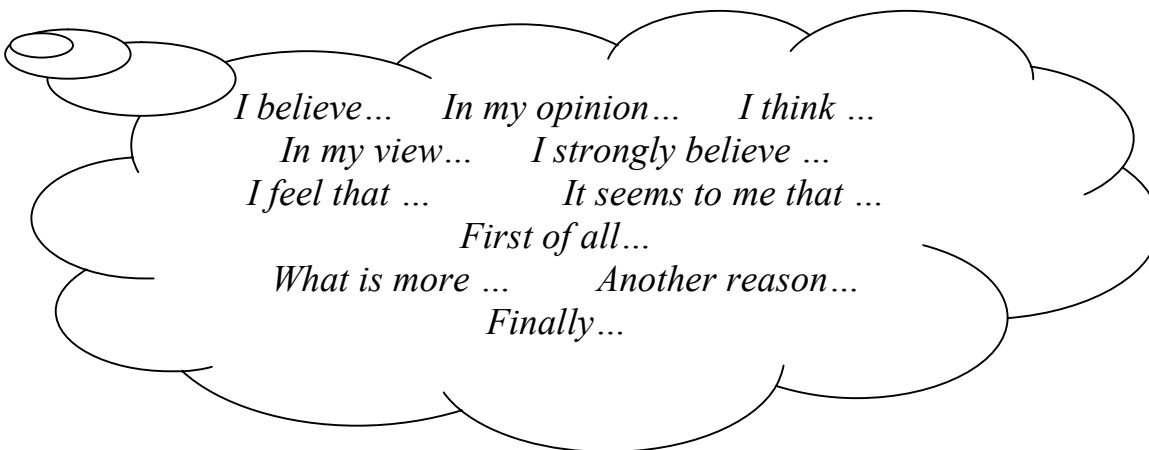
- A) may not want to be around you anymore
- B) always like to be around you
- C) want to begin smoking

7. Smokeless tobacco...

- A) is sucked on inside the mouth
- B) can be smoked
- C) is lit

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Как бросить курить

(A stop smoking guide)

**1. Прочтите заголовок и предположите содержание теста.**

**2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.**

1. People quite smoking only because it's an expensive habit.
2. There are several ways to quite smoking.
3. Giving up smoking people always gain extra weight.

**3. Подберите окончания к следующим началам предложений.**

## Beginnings...

## ...Endings

- |   |  |
|---|--|
| 1. Some people smoke...                         | A) probably make you change your mind.             |
| 2. Having made up your mind to quit smoking...  | B) to deal with stress.                            |
| 3. Picking up a date too far in advance will... | C) you can pick up a quit date.                    |
| 4. Getting over the habit of smoking...         | D) gaining weight after they have stopped smoking. |
| 5. Giving up smoking one can...                 | E) one would better plan his\her meal.             |
| 6. Many smokers are afraid of...                | F) suffer from headache, dizziness and cough.      |
| 7. To avoid gaining an extra weight...          | G) is far from being easy.                         |

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## A STOP SMOKING GUIDE

### Why do you smoke?

The reasons for smoking may be quiet different. Some people smoke to feel good or to deal with stress. Two things, though, often keep people smoking:

- Nicotine - a drug in cigarette smoke that causes an addiction to smoking
- Being hooked on the act of smoking

### **Why do you want to stop?**

The decision to quit smoking can be dictated by many reasons, e.g.

You are worried about your health, your children's health when you smoke around them, your unborn baby or you can't afford to smoke because it's rather expensive.

Having decided to give up smoking, you can pick a quit date. This is an important step, and you should give yourself time to prepare for it. Pick a date that gives you one to two weeks to get ready. Don't pick a date too far in advance. Too much time allows you to change your mind or think about reasons not to quit.

#### **There are several ways to quit:**

##### **1. Using a nicotine replacement.**

This method gives you a small dose of nicotine to help cut down the urge to smoke. Nicotine gum and "the patch" are sold over the counter at your drug store. Other forms of nicotine replacement need a doctor's prescription. Nicotine replacement therapy costs about the same as a pack of cigarettes per day.

**2. Quit "cold turkey."** This means you stop smoking completely on your quit date. This method usually doesn't work as well as nicotine replacement, but some people do give it a try.

**3. Quit by "tapering off."** For some heavy smokers, smoking fewer cigarettes day by day can help. Smoke one to two fewer cigarettes per day. On your quit date, you should quit smoking all together.

**4. Use non-nicotine medicines.** There are other prescription medicines that can lower your urge to smoke. These drugs do not have nicotine in them.

### **How do you get over smoking?**

The nicotine in cigarette smoke is addictive. As a smoker, your body is used to a certain level of nicotine. After you stop smoking, you may feel some body and mood changes. As your body adjusts to doing without nicotine, you may have some of the following symptoms:

Symptom	Action
<b>Headache</b>	Take a headache reliever. Take a warm bath. Close your eyes and breathe slowly.
<b>Dizziness</b>	Get some fresh air. Change positions slowly.
<b>Cough, dry</b>	Drink a lot of liquids.

<b>mouth/throat</b>	Chew gum.
<b>Sleeplessness</b>	Cut down on caffeine. Read a book at bedtime.
<b>Constipation</b>	Eat more fruit and fiber. Exercise.
<b>Irritability or nervousness</b>	Take walks.
<b>Cannot concentrate</b>	Take time to relax more. Change activities.

**Remember:**

- You may not have any of these symptoms.
- If you do, don't worry - it's normal.
- These symptoms often reach their peak in three days and then fade.

**Are you worried about gaining weight?**

Many smokers gain a few pounds after quitting. Sometimes, the ex-smoker eats instead of smoking. But the weight you may gain after stopping smoking is usually very small. It's more harmful to keep smoking than it is to gain a little weight.

- Plan your meals
- Avoid eating too much sugar.
- Drink extra water.
- Stay active.
- Try eating low-calorie snacks like raw vegetables, fruits, pretzels, or popcorn.
- Don't panic if you gain a few pounds.

**5. Выберите правильный вариант ответа.**

1. Nicotine in cigarette smoke...
  - A) is harmless substance
  - B) makes people feel joy
  - C) causes a drug addiction
  - D) helps people feel good
2. People decide to quite smoking because...
  - A) smoking is out of fashion nowadays
  - B) it's disgusting habit
  - C) healthy way of life is more and more popular nowadays
  - D) they worry about their health and that of their children
3. The first step in giving up smoking nowadays is...

- A) throwing your cigarette pack away
- B) picking up a quite date
- C) consulting your family members
- D) trying not to smoke for at least two weeks

4. You shouldn't put off a quit date for a long time because...

- A) your decision can be changed
- B) you'll refuse to quit smoking
- C) your fellow-smokers will make you start again
- D) it's dangerous to your health

5. Nicotine gum and "the patch" can help you quit smoking...

- A) as they make you forget about smoking completely
- B) because they reduce your desire to smoke
- C) because they make you feel nausea because they cigarette
- D) as they don't contain nicotine

6. Getting the habit of smoking is...

- A) very hard
- B) very easy
- C) impossible
- D) funny

7. When one gives up smoking...

- A) he feels very good
- B) he sleeps well
- C) he leads a very pleasant and healthy life
- D) he can feel some unpleasant symptoms

8. After a few days unfavourable symptoms usually...

- A) last for about 3 weeks
- B) disappear
- C) become chronic
- D) make you feel completely unwell

9. Giving up smoking one risks ...

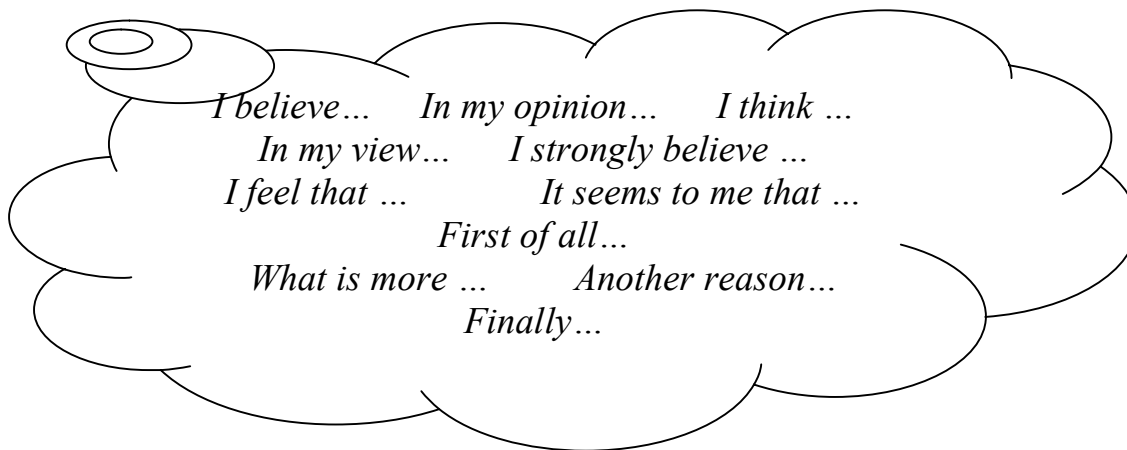
- A) to gain some weight
- B) to lose some weight
- C) to start getting nervous
- D) to become extremely overweighting

10. Smoking is...

- A) the best way to relax
- B) the shortest way to die
- C) just a pleasant habit
- D) the cause of serious damage to one's health

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Пассивное курение опасно для здоровья

## (Passive smoking)

**1. Прочтите заголовок и предположите содержание текста.**

**2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.**

1. Passive smoking doesn't affect people's health.
2. Different diseases can't be caused by passive smoking.
3. Tobacco smoke contains a lot of harmful chemicals.

**3. Подберите окончания к следующим началам предложений.**

### Beginnings...

### ...Endings

- |   |  |
|---|--|
| 1. Chemicals in tobacco smoke also...             | A) non-smoking workers exposed to ETS suffered a reduction of up 10 % in lung function.            |
| 2. Passive smoking is...                          | B) non-smokers exposed to ETS were more likely to suffer a stroke than those who were not exposed. |
| 3. Chemicals in tobacco smoke...                  | C) breathing in other people's smoke.  |
| 4. Passive smoking affects...                     | D) is well-known.  |
| 5. A new Zealand study found that...              | E) help clog the arteries and cause blood clots leading to heart attack.                           |
| 6. The risk to the foetus from smoking mothers... | F) include cancer causing agents, nicotine, hydrogen cyanide and carbon monoxide.                  |
| 7. A Scottish study found that...                 | G) non-smokers and smokers.  |

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## PASSIVE SMOKING

### What is passive smoking? Why can it be a problem?

Passive smoking is breathing in other people's smoke. It affects non-smokers and smokers.



Tobacco smoke contains over 4000 chemicals, which include at least 43 cancer-causing agents (carcinogens), carbon monoxide, nicotine and hydrogen cyanide.

Passive smoking was hardly talked about twenty years ago. Up until quite recently, the debate has centered on active smoking, a habit we have known for over fifty years can cause disease in smokers.

However, there has been mounting and conclusive evidence that passive smoking can harm the health of non-smokers who live and work in smoky environments. In fact, some studies have shown that some of the carcinogens and other toxic substances in sidestream smoke (the smoke, which drifts from the end

of a lit cigarette) are thirty times higher than in mainstream smoke (smoke inhaled by the smoker).

**The Effects of Exposure to ETS** (environmental tobacco smoke):

**Lung Cancer:** Passive smoking has been shown to be a cause of lung cancer in non-smokers. The Canadian study found that hospitality workers exposed to ETS could see their risk of lung cancer triple.

**Heart Disease:** There is increasing evidence that passive smoking causes both short- and long-term harm to the heart, by reducing the amount of oxygen carried in the bloodstream, and reducing exercise capacity. Chemicals in tobacco smoke also help clog the arteries, and cause blood clots, leading to heart attack. **The** United States study found that regular exposure to ETS nearly doubled the risk of heart attack.

**Stroke:** **The** New Zealand study found that non-smokers exposed to ETS were more than 80% more likely to suffer a stroke than those who were not exposed.

**Asthma:** **The** 2001 study showed that never smoking adults who are exposed to ETS at work were twice as likely to develop asthma than those with no exposure. Adults exposed to ETS at home and at work were almost 5 times more likely to develop asthma than adults not exposed. **The** Scottish study found that non-smokers workers exposed to ETS suffered a reduction of up to 10 % in lung function.

**Effects on the unborn child:** The risk to the foetus from smoking mothers **is** well known. However, it has also been found that the child of a pregnant woman subjected to passive smoking is more likely to be of low birth weight, and is at increased risk of dying soon after birth.

## 5. Выберите правильный вариант ответа.

1. Passive smoking...

- A) was hardly talked thirty years ago
- B) was not talked

- C) was hardly talked about twenty years ago
- D) was talked only in Russia

2. Carcinogens in side stream smoke...

- A) are less than in smoke inhaled by the smoker
- B) are higher than in mainstream smoke
- C) are higher than in smoke which drifts from the end of a lit cigarette
- D) are less than in smoke inhaled by the non-smoker

3. Chemicals in tobacco smoke...

- A) help to lose flesh
- B) cause drowsiness
- C) cause blood clots
- D) help to feel well

4. Passive smoking...

- A) can't affect the health of non-smokers
- B) can harm the health of smokers
- C) affects the health of people who live and work in smoky environment
- D) can't harm the health of smokers

5. The child of a pregnant woman subjected to passive smoking is more likely to be of ...

- A) low birth weight
- B) large birth weight
- C) normal birth weight
- D) poor health

6. Passive smoking causes...

- A) short-term harm to the health
- B) long-term harm to the health
- C) short- and long-term harm to the health
- D) death

7. Tobacco smoke...

- A) doesn't contain any chemicals
- B) contains a lot of chemicals
- C) contains only nicotine
- D) contains a few chemicals

8. Breathing in other people's smoke...

- A) affects only smokers

- B) affects only non-smokers
- C) affects both smokers and non-smokers
- D) is useful for our organism

9. Never smoking adults exposed to environment tobacco smoke at work...

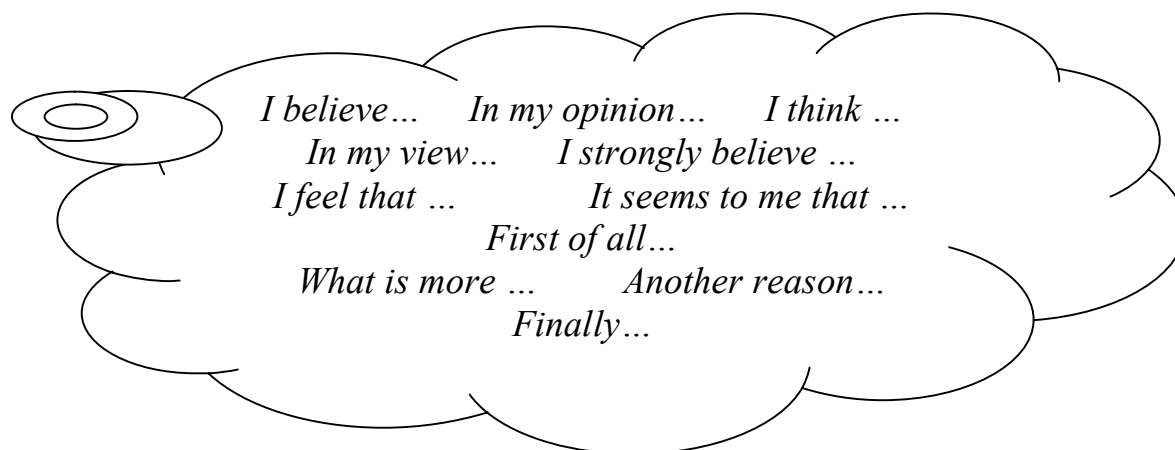
- A) were twice as likely to develop asthma than those with no exposure
- B) were twice as likely to develop mumps than those with no exposure
- C) were very healthy
- D) were happy

10. Non-smoking workers exposed to ETS...

- A) didn't suffer a reduction of lung function
- B) suffered a reduction of lung function
- C) suffered a reduction of liver function
- D) suffered a reduction of stomach function

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Пирамида активности

(The activity pyramid)

**1. Прочтите заголовок и предположите содержание текста.**

**2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.**

1. Take the stairs instead of the elevator.
2. Rotate activities.
3. Stop walking or biking, use your car when doing errands.
4. Focus on moving less and sitting more.

**3. Подберите окончания к следующим началам предложений.**

## Beginnings...

## ...Endings

- |   |  |
|---|--|
| 1. Anyone can get bored...                          | A) by stretching throughout the day.     |
| 2. Five minutes here and 10 minutes there...        | B) as active as possible.                |
| 3. Improve your flexibility, balance and posture... | C) from different levels of the pyramid. |
| 4. Get exercise videos...                           | D) with routine.                         |
| 5. Make leisure time...                             | E) from library or video store.          |
| 6. Plan...  | F) will add up in no time.               |
| 7. Do a variety of activities...                    | G) activity in your day.                 |

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## BE ACTIVE

### Overcoming obstacles

Many things can make it difficult to start and stick to an activity plan. Try the tips below to overcome some of the most common obstacles.

#### Time

You don't have to do 30 minutes of activity all at once. Five minutes here and 10 minutes there will add up in no time!

## **Physical limitations**

Usually, there are ways you can work around physical limitations. Talk to an exercise physiologist or physical therapist about activity options that could work for you.

## **Environment**

When you can't go outside, try using exercise equipment like a treadmill or stairclimber. Get exercise videos from a library or video store. Even doing housework counts toward daily activity!

## **Boredom**

Anyone can get bored with routine. Keep it interesting!

- Change routes.
- Try something new.
- Rotate activities.
- Explore a park or mall.

### **IF YOU'RE CONSISTENT**

(Active most days of the week)

- Choose activities from all levels of the pyramid.
- Change your routine if you start to get bored.
- Explore new activities.

### **IF YOU'RE INACTIVE**

(Rarely active)

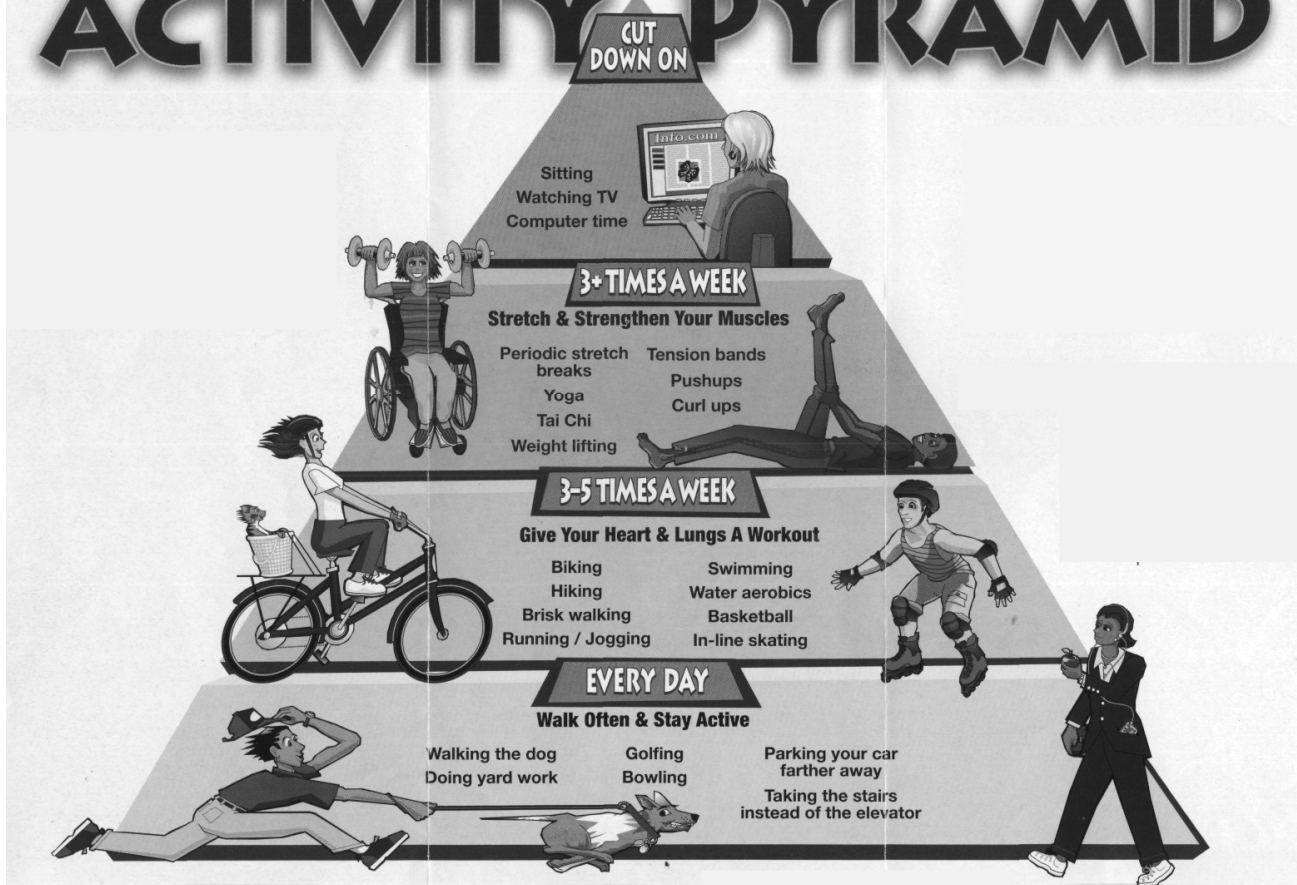
- Increase daily activities at the base of the pyramid.
- Walk whenever you can.
- Make leisure time as active as possible.

### **IF YOU'RE SPORADIC**

(Active some of the time, but not regularly)

- Become more consistent with activities in the middle of the pyramid.
- Plan activity in your day.
- Set realistic goals.

# THE ACTIVITY PYRAMID



## PYRAMID POINTERS

Try to accumulate 30 minutes of activity most days of the week. Do a variety of activities from different levels of the pyramid. Follow these tips.

Find ways to add steps whenever you can.

- Take the stairs instead of the elevator.

Walk or bike instead of riding in a car when doing errands.

- Use a pedometer to measure your steps and shoot for a goal of 7,000 to 10,000 steps a day.

Improve your flexibility, balance, and posture by stretching throughout the day. You can even do stretching activities while sitting at your desk or standing in the shower.

Do aerobic activities for 20 to 30 minutes at a time. If you'd like to lose weight, try doing them for longer periods.

Focus on sitting less and moving more. Challenge yourself to get up and move around every 30 minutes.

## 5. Выберите правильный вариант ответа.

1. If you are inactive...
  - A) increase daily activities at the base of the pyramid
  - B) become more consistent with activities in the middle of the pyramid
  - C) choose activities from all levels of the pyramid
  - D) remain inactive
  
2. Try to accumulate 30 minutes of activity ...
  - A) once a week
  - B) as rare as possible
  - C) most days of the week
  - D) every hour
  
3. You can even do stretching activities while ...
  - A) driving your car or bike
  - B) walking the dog
  - C) sitting at your desk or standing in the shower
  - D) being in a library or video store
  
4. If you'd like to lose weight,...
  - A) explore a park or mall
  - B) try doing aerobic activities for 20 to 30 minutes at a time
  - C) even doing housework counts toward daily activity
  - D) try doing aerobic activities for longer periods
  
5. When you can't go outside ...
  - A) talk to an exercise physiologist or physical therapist
  - B) use a pedometer to measure your steps
  - C) keep it interesting
  - D) try using exercise equipment like a treadmill or stairclimber
  
6. Find ways ...
  - A) to add steps whenever you can
  - B) to get video from a library or video store
  - C) to do 30 minutes of activity all at once
  - D) to move around every 30 minutes
  
7. Many things can make it difficult...
  - A) to start to get bored
  - B) if you'd like to lose weight
  - C) to start and stick to an activity plan

D) to set realistic goals

8. Cut down on ...

- A) brisk walking
- B) doing yard work
- C) stretching and strengthening your muscles
- D) computer time

9. You're sporadic if you are ...

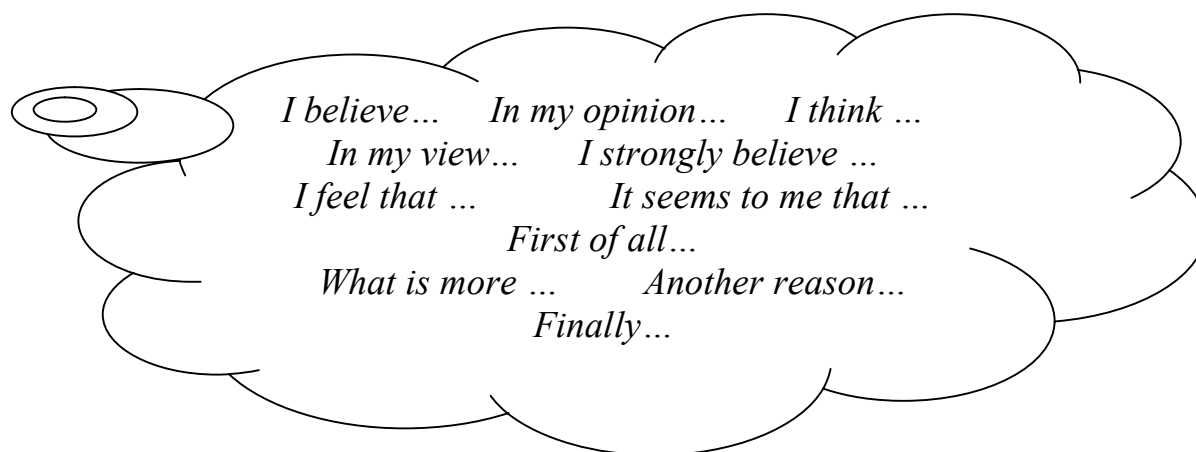
- A) active some of the time, but not regularly
- B) active most days of the week
- C) rarely active
- D) inactive

10. The most common obstacles to start and stick to an activity plan are ...

- A) time, money, physical limitations, environment
- B) time, physical limitations, environment, boredom
- C) time, physical limitations, environment, place
- D) time, environment, pressure of work, physical limitations

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**



# Найди время для физических упражнений

(Exercise: you can find the time!)

1. Прочтите заголовок и предположите содержание текста.

2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.

1. Walking is the best exercise for health.
2. Dancing is an excellent way to get exercise.
3. You don't have to exercise hard.
4. Not exercising at all is as bad for your health as smoking or having high blood pressure.

3. Подберите окончания к следующим началам предложений.

## Beginnings...

## ... Endings

- |   |  |
|---|--|
| 1. Even 10 minutes of activity can improve...             | A) your house will be cleaner.                       |
| 2. Climbing the stairs is one of the best ways...         | B) play basketball or go dancing.                    |
| 3. Vacuum, mop, sweep- you'll feel better and...          | C) at <u>a</u> time and get your heart rate up.      |
| 4. Take along a picnic and.                               | D) to start moving today.                            |
| 5. Instead of meeting a friend for a movie or lunch...    | E) your mood, reduce stress and improve your health. |
| 6. Just make sure you exercise for at least 10 minutes... | F) to get exercise into your daily life.             |
| 7. Look inside to see how easy it is...                   | G) make a day of it.                                 |

4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.

## EXERCISE: YOU CAN FIND THE TIME!

### Got a dirty house?

When you do your household chores, pick up the pace to get an exercise high. Vacuum, mop, sweep -you'll feel better and your house will be cleaner!

### **Climb the stairs.**

Climbing the stairs is one of the best ways to get exercise into your daily life. Plus, you won't have to wait for the elevator.

### **Park farther away from work, the grocery store, the shopping mall.**

The walk will clear your head. And, you'll be exercising while everyone else is circling the lot trying to find "the perfect" parking place.

### **Put some elbow grease into yard work.**

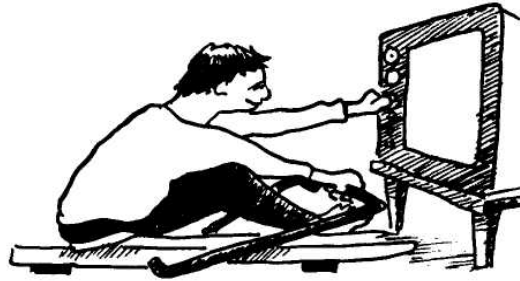
Raking leaves, mowing the lawn and shoveling snow will get you moving and will help reduce your stress too.

### **Walk to do errands.**

Walking is the single best exercise for health. Walk to the Post Office. Walk to the store. Walk on the beach or at a park.

### **Like to watch TV?**

Get an exercise machine and park it in front of the set. Try a workout video.



### **Exercise with a friend.**

Instead of meeting a friend for a movie or lunch, play basketball or go dancing.

### **Take your dog for a longer walk.**

By the end of the trip, you'll both be wagging your tails.



### **Add exercise into your weekend plans.**

Hike, swim or fly a kite. Take along a picnic and make a day of it.



### **Don't just watch sports, play them!**

If you like a particular sport, take a class or join a team.

### **Dance to the music.**

With or without a partner, in a class or at home, dancing is an excellent way to get exercise.

### **Make family time activity time.**

Participate as a family in fund-raising walks and fun runs. Hold parties at a bowling alley, skating rink or park.

### **Turn your coffee break into a walking break.**

Even 10 minutes of activity can improve your mood, reduce stress and improve your health.

### **Just 30 Minutes a Day**

Experts say just 30 minutes of activity on most days will help you stay healthier. And, adding exercise into your life may be easier than you think. You don't have to exercise hard and you can break up the 30 minutes into little chunks. Just make sure you exercise for at least 10 minutes at a time and get your heart rate up. Work out hard enough that you lightly sweat and your heart beats faster. (But not so hard that you can't talk while exercising.)

Look inside for great ways to make exercise part of your everyday activities.

## **5. Выберите правильный вариант ответа.**

1. Experts say that just 30 minutes of activity on most days will...

- A) not help you stay healthier
- B) help you stay healthier
- C) help you join a team
- D) help you look nice

2. Adding exercise into your life ...

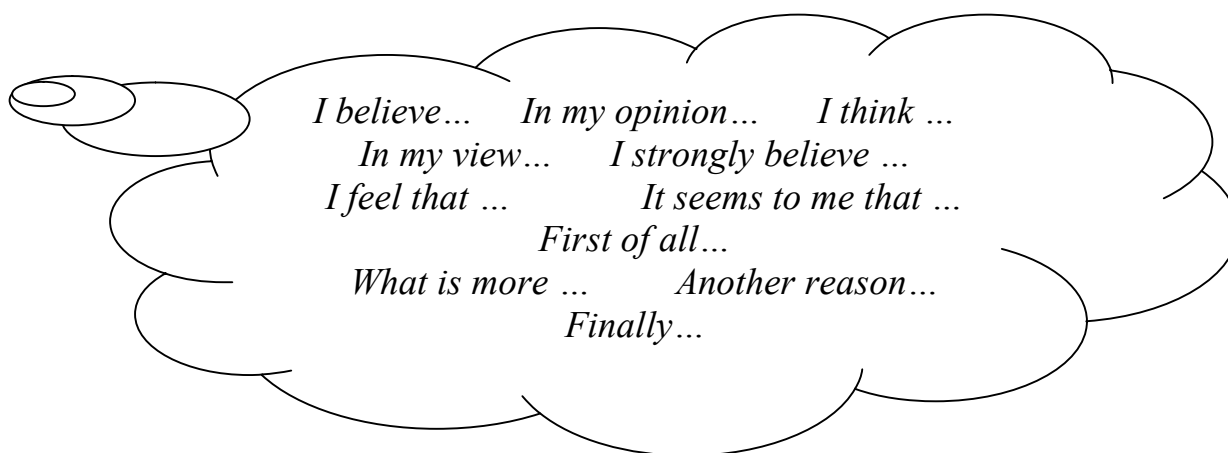
- A) is not easier than you think
- B) has to be hard
- C) doesn't have to be hard
- D) may be easier than you think

3. Raking leaves, mowing the lawn and shoveling snow...
  - A) will get on your nerves
  - B) will get you moving
  - C) – and your yard will be cleaner
  - D) – and your neighbors will be thankful
  
4. Why is it useful climbing the stairs?
  - A) You won't have to wait for the elevator
  - B) It clears your head
  - C) It is one of the best ways to get exercise into your daily life
  - D) You will have an excellent opportunity to think about your life
  
5. Dancing is an excellent way...
  - A) to disturb your neighbors
  - B) to get exercise
  - C) to shake out the carpet
  - D) to spend a good time
  
6. Why is it better to take your dog for a longer walk?
  - A) That will increase the dog's own territory
  - B) It will help you meet dog-owners and get acquainted with them
  - C) It is useful to you and your dog
  - D) Gangsters can't attack you
  
7. Walking is ...
  - A) the way to save up money
  - B) the best exercise for health
  - C) the opportunity to enjoy sightseeing
  - D) the opportunity to show your new dress
  
8. What is more preferable to do to keep fit?
  - A) to go to a movie
  - B) to have an extra lunch
  - C) to find the time for exercise
  - D) to keep to a diet
  
9. What is the best way of having a family rest?
  - A) to lie down on a sofa
  - B) to watch some sport programs on TV
  - C) to participate as a family in fund-raising walks and fun runs
  - D) to visit your friends

10. If you want to be a healthy person you look inside...
- A) to see how difficult it is to start moving today
  - B) to find opportunity to avoid moving
  - C) for great ways to make exercise part of your everyday activities
  - D) for great ways to earn much money to attend a prestige sport club

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Усталость от работы

## (Overcoming job burnout)

**1. Прочтите заголовок и предположите содержание текста.**

**2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.**

1. Hours spent by us at work provide us with money only.
2. The signs of job burnout indicate there's something wrong that needs your attention.
3. If you lack the skills for this type of work, you can take classes or get training.
4. If you've found that job burnout hangs on too long or cuts too deep don't let that worry and keep on working.

**3. Подберите окончания к следующим началам предложений.**

### **Beginnings...**

### **...Endings**

- |  |  |
|--|--|
| 1. There can be no joy...  | A) you can change your attitude.                       |
| 2. Most of us spend...   | B) a way to use your abilities.                        |
| 3. Even when you can't change external circumstances...          | C) what others could do to improve your job situation. |
| 4. If you realize this type of work will never make you happy... | D) without joy in work.                                |
| 5. Ideally, work is...   | E) a livelihood and social interaction.                |
| 6. Clarify in your own mind...                                   | F) one-third of each weekday at work.                  |
| 7. Our work provides us with...                                  | G) then have the courage to make on.                   |

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## **OVERCOMING JOB BURNOUT**

Do you feel run down and overwhelmed by your job? Do you think about work often—even when you're not working? Does it drain your physical and emotional energy? Have you lost enthusiasm for what you do? Are you bored?—

Do you dread going to work? These can be signs that you're experiencing job burnout.

Most of us spend one-third of each weekday at work— hours that provide us with a livelihood, social interaction, a sense of purpose and identity, personal fulfillment and growth, and a way to leave our mark upon the world. So when you feel burned out on the job, the impact on your total well-being is significant.

Like physical pain, the signs of job burnout indicate there's something wrong that needs your attention. You can use this problem as an opportunity to take stock of where you are, to evaluate your job.

### **Identify the causes.**

Sources of burnout fall into three broad categories related to the type of job, the specific circumstances of *this* job, and the larger company picture.

There can be no joy without joy in work.

### **Determine what changes you can make.**

If you lack the skills for this type of work, you can take classes or get training. If you have too much to do, better time management might help.

### **Discuss your concerns with those who have authority to make changes.**

Clarify in your own mind what others could do to improve your job situation. Then talk about it with the appropriate persons in a reasonable, nonthreatening way.

### **When all else fails, change your attitude— or change your job.**

Even when you can't change external circumstances, you can change your attitude. That might mean lowering your own expectations or tolerating the shortcomings of your job and finding other ways to feel fulfilled.

Some situations, however, are not acceptable. If there's serious injustice, if you can't respect the organization's goals, if you realize this type of work will never make you happy, if your spirit feels damaged or constrained, then have the courage to move on.

Ideally, work is a way to use your abilities, to enhance your life, to contribute to the ongoing creation of the universe. Job burnout signals that you need to make some adjustments.

While everyone gets the back-to-work blues from time to time, if you've found that the pain hangs on too long or cuts too deep, it's time to do something about it. If you catch yourself saying, "My job is killing me," you may be telling yourself an important truth and you need to pay attention.

**5. Выберите правильный вариант ответа.**

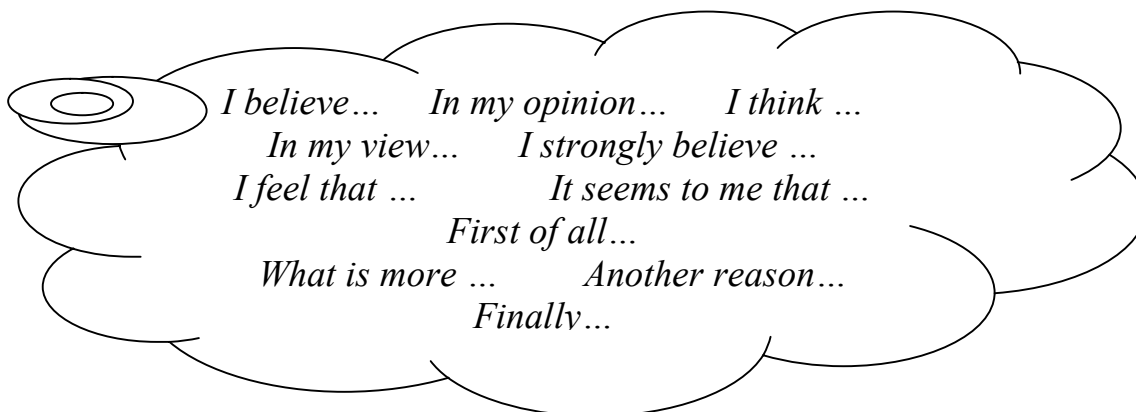
1. Do you feel run down by your job?
  - A) You must visit a doctor
  - B) These can be signs that you're experiencing job burnout
  - C) Don't pay attention to this problem
  - D) Change your job
  
2. To improve your job situation...
  - A) discuss your concerns with your relations
  - B) discuss your concerns with those who have authority to make changes
  - C) don't discuss your concerns with your co-workers
  - D) you need an urgent vacation
  
3. The signs of job burnout indicate ...
  - A) you are seriously ill
  - B) you need a rest
  - C) there's something wrong that needs your attention
  - D) you lack the skills for this type of work
  
4. The aim of your work is ...
  - A) to earn money
  - B) to leave your mark upon the world
  - C) social interaction
  - D) to get a sense of personal fulfillment and growth
  
5. Do you think about work often-even when you're not working?
  - A) your work tired you
  - B) you are unhappy in your personal life
  - C) something is wrong with your health
  - D) you do like your work
  
6. If you lack the skills for this type of work ...
  - A) take classes or get training
  - B) change your job
  - C) have a rest
  - D) keep on doing your work



7. If you have no joy in work
- A) don't let that worry
  - B) change your attitude to your work
  - C) you might have conflicts with your co-workers
  - D) you should attend some refresher courses
8. The sources of job burnout ...
- A) are your health problems
  - B) are your family problems
  - C) fall into three broad categories...
  - D) must not concern you
9. If you catch yourself saying: "My job is killing me"
- A) you lack the skills for this type of work
  - B) change your job right away
  - C) you may be telling yourself an important truth
  - D) you are tired of your job
10. You like your job
- A) you are happy
  - B) you are a qualified specialist
  - C) you are on friendly terms with your co-workers
  - D) you don't have any health problems

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Преодоление огорчений и потерь

(Moving through grief and loss)

**1. Прочтите заголовок и предположите содержание текста.**

**2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите правильны ли были ваши предположения.**

1. All people grieve differently, they may need more or less time to go through their grief than someone else.
2. People must not cry when they need to.
3. Some physical symptoms, such as sleeplessness, nausea, anxiety, restlessness and forgetfulness very seldom accompany grief.
4. Learning about four main stages of grief may help somebody through the healing process.

**3. Подберите окончания к следующим началам предложений.**

## Beginnings...

1. You may move through feelings of shock, anger, guilt or depression...
2. You may need more or less time.
3. Grief is a response that is triggered...
4. For some people, talking with a professional is...
5. If you are having trouble with faith...
6. If you believe that you will never be able to get on with the rest of your life...
7. There are stages of happening grief you can take...

## ...Endings

- A) easier than talking with friends.
- B) by some kind of loss or change.
- C) talk to someone you trust – a therapist or close friend.
- D) seek professional help.
- E) at different times and more than once.
- F) to move through your loss.
- G) to go through your grief than someone else.

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## MOVING THROUGH GRIEF AND LOSS

### What is grief?

Grief is a response that is triggered by some kind of loss or change. Most experiences with grief happen after a major life change, such as retirement, or after a loss, such as a death. Even things such as getting married or starting a new job can evoke grief.

### **(a) The stages of grief**

Grief happens in stages. Learning about the stages will help you through the healing process:

1. *Shock and denial.* When tragedy strikes or change occurs, our instinctive reaction is to avoid accepting that it has happened.

2. *Anger and guilt.* Sometimes when we feel pain from loss, we blame others (anger) or ourselves (guilt).

3. *Depression.* Change means loss and loss causes sadness. Sadness and depression are a normal part of grieving.

4. *Resolution.* Finally, after going through many feelings, we accept the loss and move on with our lives.

### **(b) Check in with yourself**

Are you having trouble believing what has happened? Feeling angry or guilty? Finding yourself crying all the time?

You may move through feelings of shock, anger, guilt or depression at different times and more than once.

Keep in mind that grief comes and goes. One day you may feel OK and the next may be hard.

### **(c) Take time**

Depending on the loss, grieving can take days, months or years. If you can, take time out from work or other responsibilities.

Remember, we all grieve differently. You may need more or less time to go through your grief than someone else.

When you feel able, resume your normal activities.

### **(d) Let out your feelings**

Cry when you need to. Crying is a normal and essential part of grieving.

Acknowledge when you feel angry.

If you have a hard time expressing your emotions to other people, try writing your feelings in a journal or diary.

### **(e) Share your grief**

Join a support group or talk with others who have gone through a similar experience.

For some people, talking with a professional is easier than talking with friends. Consider contacting a counselor or therapist.

Don't isolate. Reach out and accept when others reach out to you.

### **(f) Be prepared**

Feelings may come up at unexpected times and may seem to come out of nowhere.

Things as small as an ad on TV can trigger feelings of anger or sadness. This is a normal part of grieving.

### **(g) Take care of yourself**

Eat right, exercise and get plenty of rest.

Realize that physical symptoms, such as sleeplessness, and forgetfulness, often accompany grief.

If physical problems continue for more than a week, see your doctor.

### **(h) Look for faith**

Grieving and loss often shatter our faith in life. Look for things that may help restore your faith.

Try looking in nature, friends, religion, or even the smile on a child's face. We all find faith in different ways.

If you are having trouble with faith, talk to someone you trust – a therapist, clergy member or close friend.

**(i) Get professional help**

If you feel stuck in your grief or believe that you will never be able to get on with the rest of your life, seek professional help.

**5. Выберите правильный вариант ответа.**

1. What is grief?

- A) It means feeling angry or guilty
- B) It is a normal response to loss
- C) It is a set of some physical symptoms
- D) It is a particular psychological condition

2. What are the reasons of grief?

- A) Most experiences you have
- B) Some events of slight importance
- C) A major life change (retirement, death)
- D) Anxiety disorders occurred in one's life

3. How long can grieving last?

- A) It usually takes several hours or days
- B) As a rule it takes months or even years
- C) This period depends on the loss
- D) It can take several weeks

4. How many stages of grief are differentiated?

- A) Four stages
- B) Two stages
- C) Three stages
- D) Five stages

5. Who can share your grief best?

- A) Any people who'd like to listen to you
- B) People who have gone through a similar experience or therapist
- C) Only close people
- D) Any friends of yours

6. What physical symptoms can often accompany grief?

- A) sleeplessness and forgetfulness
- B) nausea, anxiety and restlessness
- C) intermittent blood pressure
- D) all mentioned above

7. Where can you look for your faith in life?

- A) in any things that help restore your faith

- B) in nature, friends, religion
- C) in someone you trust – a therapist or clergy
- D) in new business or making your career

8. When do you have to apply to getting professional help?

- A) If you are able to get through your loss successfully
- B) If you don't feel well and want to take care of yourself
- C) If you believe that you will never be able to get on
- D) If your friends recommend you to do it

9. How can you let out your feelings?

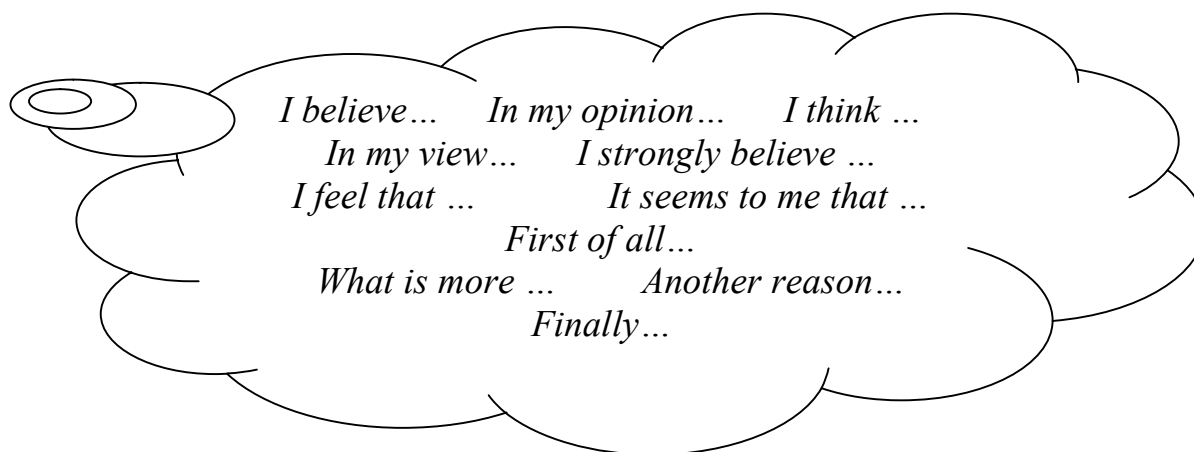
- A) by means of crying when you need to
- B) by writing your feelings in a journal or diary
- C) by talking to your close friends
- D) all mentioned above

10. What recommendation is the best one to take care of yourself and get rid of grief?

- A) follow your appearance carefully
- B) eat right, exercise and get plenty of rest
- C) follow a strict diet and bed regime
- D) try to forget everything what could upset you

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Энергия для здоровья

(Energy for healthy life)

**1. Прочтите заголовок и предположите содержание текста.**

**2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.**

1. Poor breakfast doesn't give us energy.
2. Apples are not useful for our health.
3. The Japanese don't like raw fish.

**3. Подберите окончания к следующим началам предложений.**

## Beginnings...

## ...Endings

- |                                  |  |
|----------------------------------|--|
| 1. Most people eat...            | A) bread is an important part of our everyday food.                                      |
| 2. In our country...             | B) affect how we feel during the day.  |
| 3. Our eating habits...          | C) a lack of vitamin C, which is found in fruit and vegetables.                          |
| 4. Scurvy is caused by...        | D) combine many different ingredients together.  |
| 5. When cooking, we often...     | E) raw fruit, and raw vegetables in salads, and the Japanese particularly like raw fish. |
| 6. Fish is...                    | F) others in helping to keep bones, teeth, skin and blood healthy.                       |
| 7. Some foods are better than... | G) brain's food.   |

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## ENERGY FOR HEALTHY LIFE

Our eating habits affect how we feel during the day. What happens if I have no breakfast, or poor breakfast? I'm likely to be tired or cross, and, of course, hungry till having lunch.

There is a ring of truth in that well-known saying: "A man is what he eats". Food is a form of fuel. It gives us energy, helps us to grow, resist disease and form strong teeth and bones. No single food can take care of all our body's needs. Some foods are better than others in helping to make strong muscles. Among them are meats, eggs, fish, and poultry. Some foods are better than others in helping to keep bones, teeth, skin, and blood healthy. Among these foods are fruit, vegetables, milk, and cheese.

There are certain sayings about foods from long ago. "Fish is brain's food"; people say it's good for the brain. They say carrots are good for the eyes. Another saying is: "An apple a day keeps the doctor away", meaning that you will be healthy if you eat an apple every day.

Almost all food can be eaten without any cooking at all. Most people eat raw fruit, and raw vegetables in salads, and the Japanese particularly like raw fish. However, some foods are much softer and easier to chew if they have been cooked. They may also be easier to digest. When cooking, we often combine many different ingredients together. This can make food look and taste much better. Compare the taste of chocolate cake, for example, with that of its raw ingredients of flour, sugar, fat, cocoa and egg. Different ideas about which foods to mix together bring people to cooking a great many of different dishes of the world.

There are so many kinds of food from which to choose - fast food, snacks, junk food - that it may be difficult to follow a healthy diet. Fresh fruit and vegetables are important for our health. In the past, sailors who went on long sea voyages stayed on their ships for many months without going ashore. They did not get fresh food and so often suffered from a disease called scurvy. Scurvy is caused by a lack of vitamin C, which is found in fruit and vegetables.

In our country, bread is an important part of our everyday food. When we sit down for a meal, there is always bread on the table. For breakfast, we have bread with butter or cheese. Some people have jam or olives. For lunch, we have bread with a meat or vegetable dish. Again at dinner, we eat bread with whatever food there is on the table. When there is rice or potatoes, we have bread, too. My granny says that if there is no bread, there is no food.

## **5. Выберите правильный вариант ответа.**

1. Why do our eating habits affect our feeling? Because ...
  - A) food helps us to keep bones better
  - B) food is a form of fuel
  - C) we don't get fresh food
  - D) we feel bad

2. Why do we combine different ingredients together? Because...
- A) we are always hungry
  - B) it is easier to chew
  - C) no single food can take care of all our day's needs
  - D) we like different products
3. Scurvy is caused by a lack of ....
- A) water
  - B) vitamin C
  - C) fish
  - D) meat
4. Carrots are good for ...
- A) stomach
  - B) eyes
  - C) heart
  - D) bones
5. Vitamin C is found in ...
- A) bread
  - B) milk
  - C) fruit and vegetables
  - D) flour
6. You will be healthy if you eat ...
- A) some chocolate every day
  - B) an apple every day
  - C) some sugar every day?
  - D) day raw food
7. In the past sailors suffered from ...
- A) flu
  - B) a bad cold
  - C) scurvy
  - D) heart attacks
8. His can make food look and taste...
- A) worse
  - B) better
  - C) easier
  - D) disgusting



9. When we sit down for a meal, there is always...

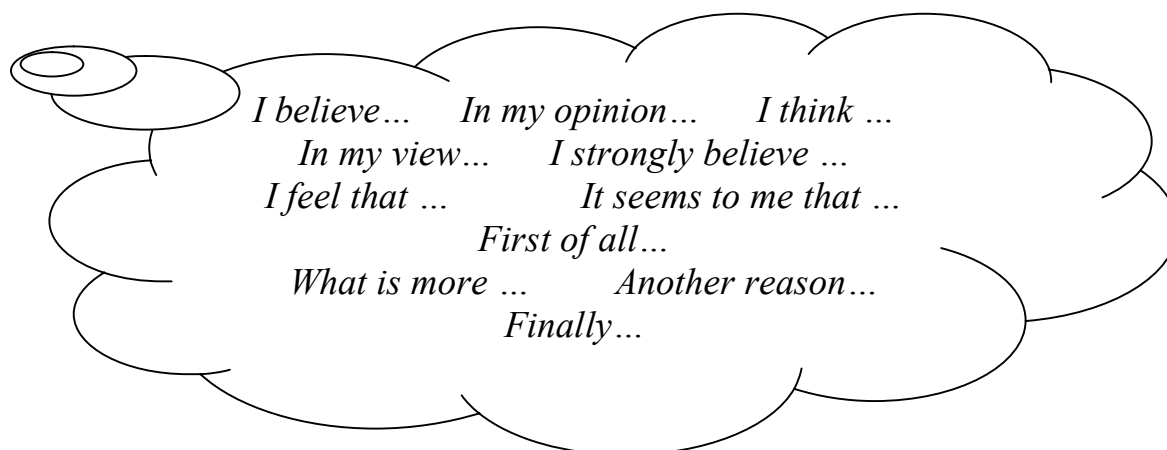
- A) salt
- B) jam
- C) bread
- D) butter

10. Almost all food can be eaten without ...

- A) washing at all
- B) freezing at all
- C) cooking at all
- D) frying at all

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Пути преодоления тревожных состояний

(Coping with anxiety)

**1. Прочтите заголовок и предположите содержание текста.**

**2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.**

1. Almost everyone goes through an unreasonable flash of anxiety.
2. Exploring the deeper reasons for your anxiety can lead to healing on many levels.
3. Anxiety disorders are among the most incurable conditions.

**3. Подберите окончания к следующим началам предложений.**

## Beginnings...

## ...Endings

- |  |  |
|--|--|
| 1. You might experience nagging anxiety that comes and goes... | A) by practicing regular meditation or calming prayer.                         |
| 2. Whatever the depth or source of your anxiety...             | B) is the need to perform some ritual over and over again to relieve distress. |
| 3. Consult with a doctor...                                    | C) you are more susceptible to anxiety.  |
| 4. When you are exhausted...                                   | D) if you suffer from one of these conditions.                                 |
| 5. Give yourself an emotional buffer against anxiety...        | E) you can get it under control.   |
| 6. Get professional help...                                    | F) to help you to find out the causes of your anxiety.                         |
| 7. Obsessive- compulsive disorder...                           | G) but you can't get rid of it or find the cause.                              |

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## PATHWAYS TO HEALTH AND WHOLENESS

Perhaps you have trouble sleeping, with your mind racing over the events of today and worrying about those of tomorrow. Or maybe you have an irrational dread of some situation and nothing seems to calm you. You might experience nagging anxiety that comes and goes but you can't get rid of it or find the cause.

Almost everyone goes through an unreasonable flash of anxiety, especially when under a great deal of stress. Some people, however, become so overwhelmed by anxiety, so disturbed by a particular situation, that they are unable to live a normal life.

Whatever the depth or source of your anxiety, you can get it under control. The following self-care strategies may help you to find peace.

First of all get your life in balance. Some physical problems have panic-like symptoms or can, if accompanied by extreme stress, trigger panic attacks. Consult with a doctor to help you find out the causes of your anxiety.

Think seriously about whether you need to lighten your load or gain more balance in your life-style. Are you overcommitted? What can you eliminate, delegate, or modify to minimize the frustration and maximize the satisfaction you're getting out of life? At the same time, eat sensibly and exercise. When you're exhausted, you are more susceptible to anxiety.

You must realize that anxiety is really the fear of discomfort. Put an end to "doom dialogue"—thinking of the worst that might happen. When you are anxious, give yourself positive affirmations like: "There's nothing to fear but fear." "I choose to take control of my responses." "This, too, shall pass." After you have come through the feared situation, encourage yourself saying: "I am able to do what I need to do." "I have overcome."

Give yourself an emotional buffer against anxiety by practicing regular meditation or calming prayer.

Exploring the deeper reasons for your anxiety can be an opportunity for spiritual and emotional growth and can lead to healing of your body as well as of your soul. If you continually experience symptoms of anxiety, you may be suffering from one of the following conditions:

*panic disorder*— fear and physical symptoms so intense you're convinced you're dying;

*phobia*— an inappropriate dread of something specific;

*obsessive-compulsive disorder*— the need to perform some ritual over and over again to relieve distress;

*generalized anxiety disorder*— overall high-level but seemingly senseless fear for several months.

Get professional help if you suffer from one of these conditions. Anxiety disorders are among the most treatable conditions, usually responding well to a combination of psychotherapy and medication.

Anxiety is fear about what might happen in the future. So live in the moment present —focus on where you are and what you are doing right now and you will triumph over this challenge!

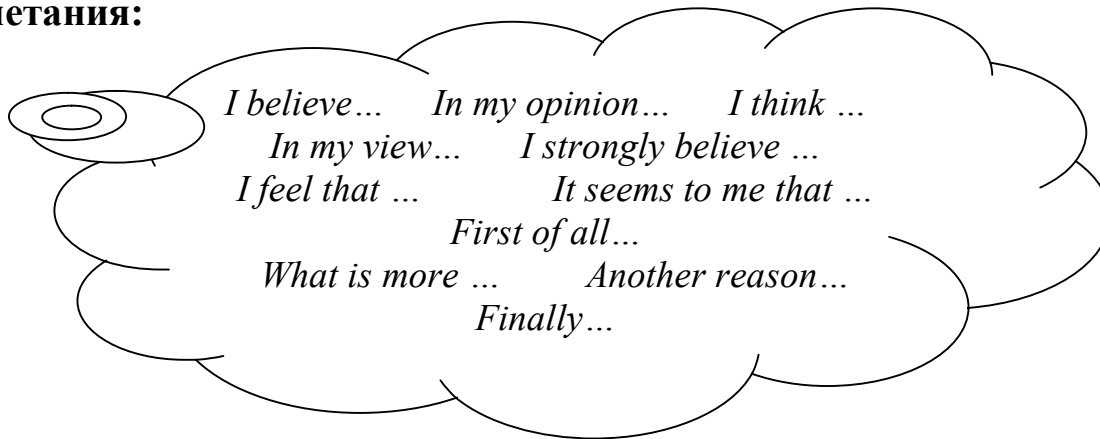
## **5. Выберите правильный вариант ответа.**

1. You might experience nagging anxiety that comes and goes but you can't...
  - A) fix the cause
  - B) find the cause
  - C) detect the cause
  - D) pinpoint the cause
  
2. Some people become so
  - A) upset by a particular situation
  - B) disturbed by a particular situation
  - C) puzzled by a particular situation
  - D) frustrated by a particular situation
  
3. If accompanied by extreme stress, some physical problems can cause ...
  - A) panic attacks
  - B) result in panic attacks
  - C) trigger panic attacks
  - D) to provoke panic attacks
  
4. When you're exhausted, you are more ...
  - A) vulnerable to anxiety
  - B) susceptible to anxiety
  - C) overwhelmed by anxiety
  - D) obsessed by anxiety
  
5. Think seriously about whether you need ...
  - A) to have some rest
  - B) to work hard
  - C) lighten your load
  - D) to go on holiday

6. Realize that anxiety is really ...
- A) the dread of discomfort
  - B) the fear of discomfort
  - C) the fright of discomfort
  - D) susceptibility to discomfort
7. Exploring the deeper reasons for your anxiety can lead ...
- A) to love
  - B) to kindness
  - C) to the healing of your body as well as of your soul
  - D) to mercy
8. Anxiety is fear about what might happen ...
- A) at the present moment
  - B) in the past
  - C) in the future
  - D) recently
9. Obsessive-compulsive disorder is the need to perform some ritual over and over again to relieve ...
- A) some pain
  - B) your state
  - C) distress
  - D) grief
10. Anxiety disorders are among the most treatable conditions, usually responding well to ...
- A) kind words
  - B) hearty attitude
  - C) a combination of psychotherapy and medication
  - D) a friendly talk

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Сообщество и состояние вашего здоровья

## (Community and being healthy)

1. Прочтите заголовок и предположите содержание текста.

2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите правильны ли были ваши предположения

1. Social isolation contributes to many health problems.
2. Doctors deny the importance of social connections.
3. Spending time with friends and family strengthens the body's ability to fight disease.

3. Подберите окончания к следующим началам предложений.

### Beginnings...

### ...Endings

- |   |   |
|---|---|
| 1. Dr. Dean Ornish developed the program... | A) weakens the body's ability to fight disease.       |
| 2. The group support was...                 | B) in the health habits of the Roseto residents.      |
| 3. Feelings of isolation lead to...         | C) for people who were recovering from heart attacks. |
| 4. The researchers found no difference...   | D) it shows that we really care.                      |
| 5. Spending too much time alone.            | E) talking about it can help.                         |
| 6. When we help someone in a real way...    | F) health problems.                                   |
| 7. When someone has a problem...            | G) one of the most important parts of the program.    |

4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.

## COMMUNITY AND BEING IN GROUP

Dr. Dean Ornish, a specialist in heart disease, developed a program for people who were recovering from heart attacks. The program included a special diet, an exercise routine, and training in stress management. As a way of motivating his patients to stay with the program, Dr. Ornish organized support groups for them. The patients lived together for a week; then, they continued meeting twice a week in the evening. Little by little, however, he came to believe that the group support was one of the most important parts of the program. Spending time with other patients actually contributed to the patients' good health.



Many health practitioners believe that social isolation is a major factor contributing to heart disease and to many other health problems. Feelings of isolation lead to health problems; on the other hand, strong social connections keep people healthy.

Medical researchers first became aware of the healing power of community in the 1960s. Researchers noticed that people in a small town called Roseto lived longer and were much healthier than people in nearby towns. But when the researchers looked for an explanation for the townspeople's good health, they found no difference in the health habits of the Roseto residents. In fact, their health habits were very much the same as the people in the other towns. It seemed as if their good health was due to pure luck. The researchers continued looking for an explanation, and the one major difference turned out to be the strong sense of community in Roseto. Connections to family and friends were much stronger in Roseto than in the other towns.

These and other similar studies surprised researchers at first, but now very few doctors would deny the importance of social connections. Of course, we cannot all move to towns like Roseto, and many of us wouldn't want to! Nevertheless, there are small ways we can apply what was learned in these studies to our own lives.

Spending too much time alone weakens the body's ability to fight disease. It also increases heart rate and causes feelings of depression. Spending time with friends and family has the opposite effect. In our busy lives, how can we create a stronger sense of community with the people around us? Here are a few suggestions.

- Do something. Taking action contributes more than just talking. When we take the time to help someone in a real way, it shows that we really care.
- Keep promises. Breaking promises is the fastest way to destroy trust, and trust is the foundation of community. If you say you will do something, do it.
- Avoid secrets. Too many secrets create an atmosphere of mistrust. On the other hand, sharing information shows a desire to include other people.
- Listen. When someone has a problem, talking about it can help enormously. Listening shows that you care.

These four suggestions are possible for anyone.

## **5. Выберите правильный вариант ответа.**

1. What did Dr. Ornish organize for the people recovering from heart attacks?

- A) a fan club



- B) a support group
- C) a team work
- D) a regular training

2. How often did the patients meet?

- A) every morning
- B) once a week
- C) twice a week in the evening
- D) every evening

3. What did the support group contribute to?

- A) the patient's stress
- B) the patient's harmful habits
- C) the patient's poor condition
- D) the patient's good health

4. What do feelings of isolation lead to?

- A) health problems
- B) strong social connections
- C) real care
- D) special diet

5. What was the difference between the residents of Roseto and the people in nearby towns?

- A) They were much cleverer and stronger
- B) They lived longer and were much healthier
- C) They worked better and were richer
- D) They were luckier and had larger families

6. What were the health habits of the Roseto residents?

- A) They were very much the same as in the other towns
- B) They were different from those of the people in the other towns
- C) The health habits of the Roseto residents and the people in the other towns were not alike
- D) The health habits differed greatly

7. What was an explanation of the townspeople' good health?

- A) pure luck
- B) going in for sports
- C) the strong sense of community
- D) an atmosphere of mistrust

8. What effect does isolation produce on people?

- A) It makes them happy
- B) It helps them to fight a disease

- C) It decreases the heart rate
- D) It causes feeling of depression

9. How can we create a stronger sense of community?

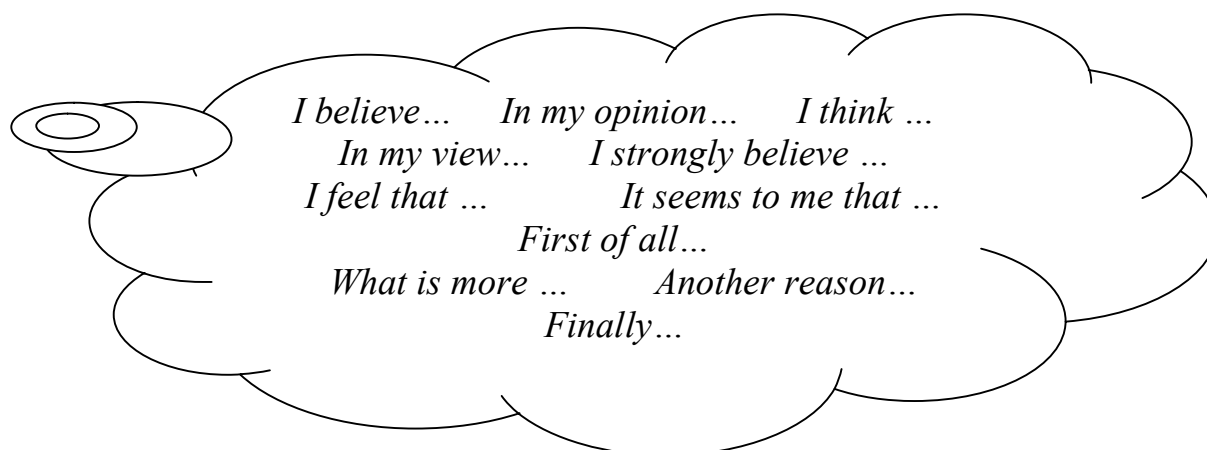
- A) by taking the time to actually help someone
- B) by breaking promises
- C) by keeping secrets
- D) by excluding people from our life

10. How can we help someone in a real way?

- A) by keeping secrets
- B) by destroying trust
- C) by breaking promises
- D) by taking actions

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Биоритмы

(Biorhythms)

**1. Прочитайте ключевые слова и словосочетания и предположите содержание текста.**

Biorhythm, behaviour, medical scientists, discovery, an internal "body clock", body energy, the 24-hour night-and-day cycle, feel tired, fall asleep, 24-hour rhythm, unpleasant side effect, three biorhythmic cycles, physical, emotional and intellectual, high (low) energy period, resistant to illness, better coordinated and more energetic, "critical" time, accident and illness, to chart your biorhythm

**2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.**

1. In modern times we think of the «fathers» of biorhythm theory as Dr. Freud and Hermanna Swoboda.
2. The lives of most living things are dominated by the 48-hour night-and-day cycle.
3. Scientists have identified the following three biorhythmic cycles: physical, emotional and intellectual.

**3. Подберите окончания к следующим началам предложений.**

## Beginnings...

## ...Endings

- |  |   |
|--|---|
| 1. If the 24-hour rhythm is interrupted...                     | A) so they have to go to bed.   |
| 2. On the critical day of a physical biorhythm...              | B) we also have other rhythms which last longer than one day and which influence wide areas of our lives. |
| 3. We all have an internal "body clock"...                     | C) and each is divided into a high energy period and a low energy period of equal length.                 |
| 4. During the high energy period of a physical biorhythm...    | D) there is a greater chance of accident and illness.   |
| 5. Some people experience such enormous physical turbulence... | E) most people experience unpleasant side effects.  |

6. As well as the daily rhythm of sleeping and waking...

F) we are more resistant to illness, better coordinated and more energetic.

7. Each cycle lasts approximately 28 days...

G) which regulates the rise and fall of our body energies, making us different from one day to the next.

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## BIORYTHMS

As long as 3000 years ago, the scientists of ancient Greece were recording the regular rhythms of basic bodily functions such as respiration, kidney activity, pulse rate and, of course, the female menstrual cycle. Most of us barely give them a thought; yet these rhythmic cycles affect even the tiniest cells of our organism from the day we are born to the day we die.

In modern times we think of the «fathers» of biorhythm theory as Dr. Wilhem Fliess and Hermanna Swoboda. A German physician in Berlin, Wilhem Fliess, provided the first tentative explanation for this phenomenon, on the basis of physiological and emotional cycles. Analyzing dreams, ideas and creative impulses of his patients, Swoboda noticed very regular patterns or rhythms. He also observed that new mothers began to show anxiety about their infants whenever a critical day occurred or was about to occur.

The medical scientists were able to demonstrate that we all have an internal "body clock" which regulates the rise and fall of our body energies, making us different from one day to the next. The idea of an internal "body clock" should not be surprising, since the lives of most living things are dominated by the 24-hour night-and-day cycle. The most obvious feature of this cycle is the way we feel tired and fall asleep at night and become awake during the day. If the 24-hour rhythm is interrupted, most people experience unpleasant side effects. As well as the daily rhythm of sleeping and waking we also have other rhythms which last longer than one day and which influence wide areas of our lives.

Most of us would agree that we feel good on some days and not so good on others. Scientists have identified the following three biorhythmic cycles: physical, emotional and intellectual. Each cycle lasts approximately 28 days and each is divided into a high energy period and a low energy period of equal length. During the low energy period we are less resistant to illness and tire more easily. The low period puts energy into our "batteries" for the next high period. During the high energy period of a physical biorhythm we are more re-

sistant to illness, better coordinated and more energetic. The "critical" or weakest time is the time of changeover from the high energy period to the low energy period, or vice versa. This "critical" time usually lasts a day. On the critical day of a physical biorhythm, there is a greater chance of accident and illness. Human experience is always individual and we each have our own biorhythmic experiences. Some people experience such enormous physical turbulence on their "physically critical" days that they have to go to bed.

A simplified way to chart your biorhythm and test the theory at the same time is to begin marking on a calendar how you feel mentally, physically and emotionally each day. As the days run into months, you will begin to see cycles taking shape. There will be days you feel high physically, low mentally and critically low emotionally. Of course there will also be days when you feel high in all three areas. Know all of these cycles in advance can aid you with planning your day.

#### 5. Выберите правильный вариант ответа.

1. Scientists have identified the following three biorhythmic cycles:

- A) emotional, philosophical, truthful:
- B) physical, emotional, mental:
- C) physical, executive, intellectual:
- D) intellectual, mental, empirical.

2. If the 24-hour rhythm is interrupted, you experience:

- A) pleasant side effect
- B) good side affect
- C) unpleasant side effect
- D) mental pleasant side effect

3. According to the text we all have internal...

- A) "body ring"
- B) "body TV"
- C) "body clock"
- D) "body radio"

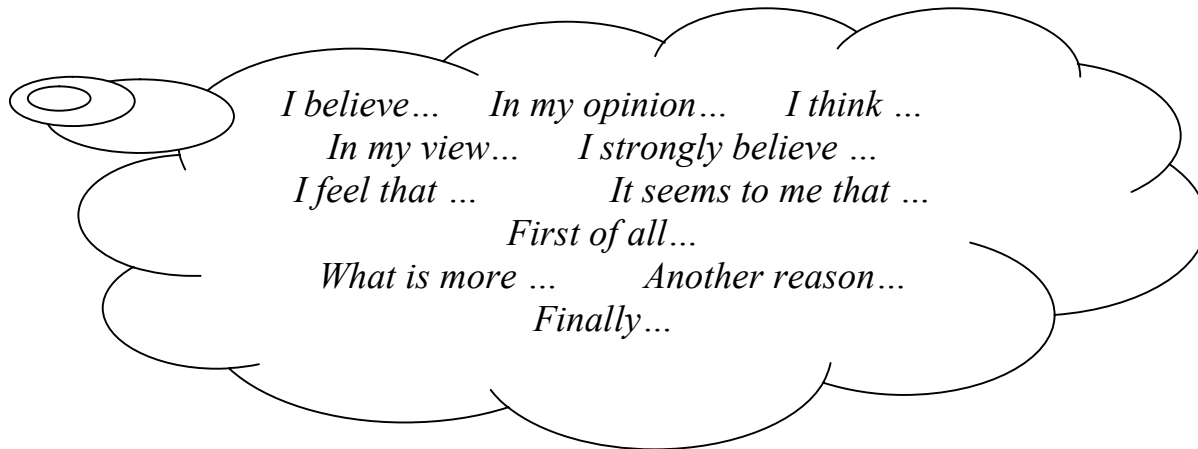
4. On the critical day of a physical biorhythm, there is a \_\_\_\_\_ of accident and illness.

- A) little chance
- B) big hence
- C) great chance
- D) no chance

5. Each cycle is divided into
- A) the highest energy periods
  - B) a narrow energy period
  - C) a high and low energy periods
  - D) five periods
6. During the high energy period of a physical biorhythm we are
- A) more resistant to illness and more energetic
  - B) less resistant to illness and tire more easily
  - C) worse coordinated and less energetic
  - D) tire less easily and more energetic
7. The low period puts energy into our " \_\_\_\_\_ " for the next high period.
- A) power-station
  - B) compressor
  - C) air conditioner
  - D) batteries
8. The "critical" or weakest time usually lasts...
- A) a month
  - B) a night
  - C) 24-hours
  - D) a year
9. Because of enormous physical turbulence on the "physically critical" days some people have to
- A) stay in bed
  - B) visit the friends
  - C) go for a walk
  - D) go on holidays
10. Today we think of the «fathers» of biorhythm theory as
- A) Dr. Sigmund Freud & Swoboda.
  - B) Dr. W. Fliess and H. Swoboda.
  - C) Terence Hines and Alfred Teltscher
  - D) Clark Gable and Mark Spitz

**6. Скажите, какие новые факты Вы узнали из текста.**

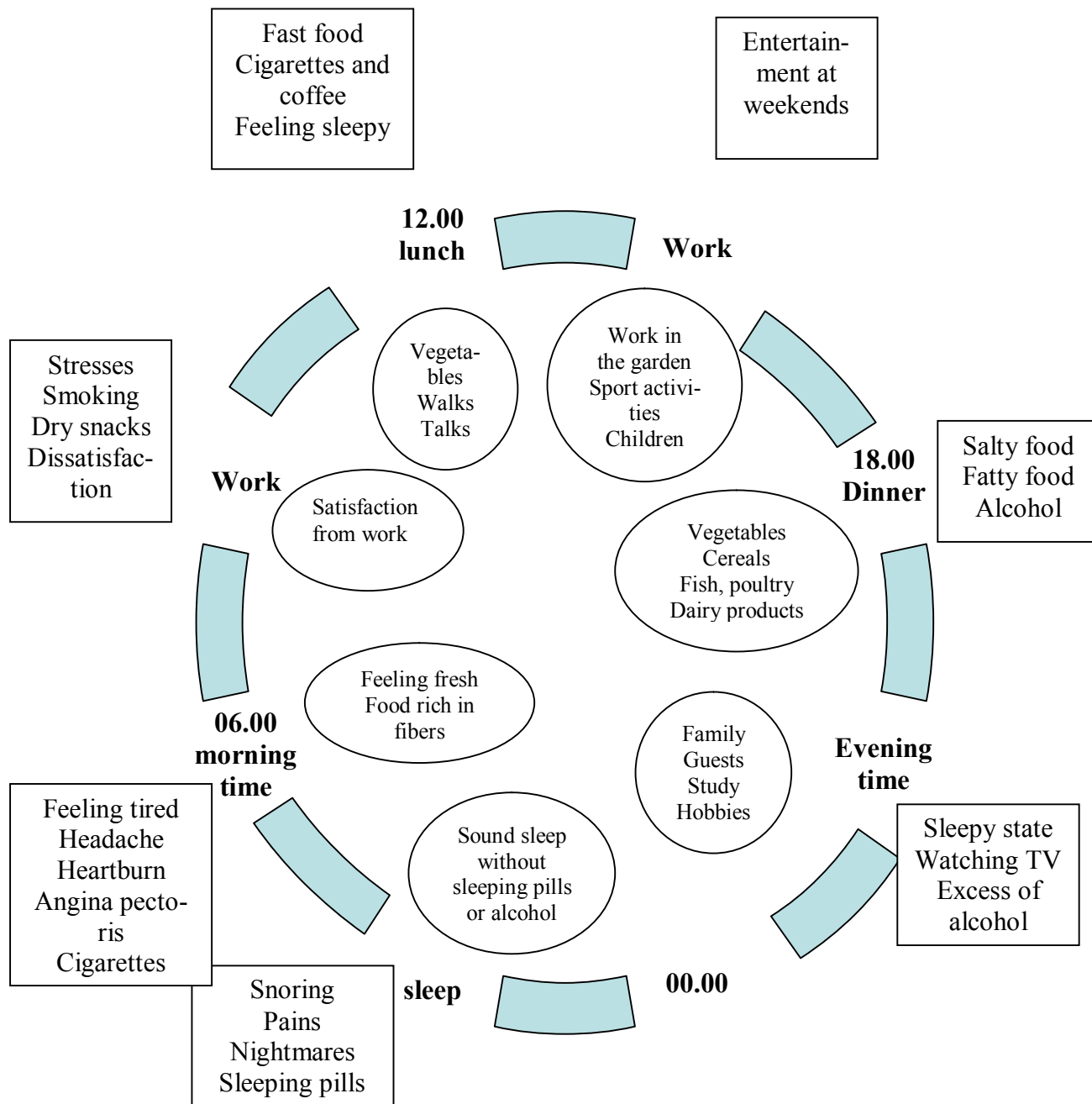
**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Прочтите и запомните:

**Things inside the circle contribute to good health**



**Things outside the circle cause health problems**



# НЕМЕЦКИЙ ЯЗЫК

## Защитные факторы нашего здоровья

(Schutzfaktoren für Gesundheit)

1. Прочтите заголовок и предположите содержание текста.

2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.

	r	f
1. Zu wichtigen Schutzfaktoren gehören vor allem die sogenannten "personalen Ressourcen". Stimmt es?		
2. Es ist nicht wichtig, Schutzfaktoren für Gesundheit zu identifizieren und zu erlernen. Stimmt es?		
3. Menschen mit hohen personalen Ressourcen gehen auf gesundheitsbedrohende Ereignisse anders zu als Menschen mit schwach entwickelten personalen Ressourcen. Stimmt es?		
4. Für Menschen mit geringeren personalen Ressourcen erscheinen die bedrohlichen Situationen (z.B. drohende Arbeitslosigkeit, Prüfungen usw.) weniger stressreich als für Menschen mit hohen personalen Ressourcen. Stimmt es?		
5. Gesundheitliche Belastungen schlagen voll auf die Psyche und dann auf den Körper der Menschen durch. Stimmt es?		

3. Подберите окончания к следующим началам предложений.

**Anfang...**

**...Ende**

1. Hier liegt einer der entscheidenden Gründe dafür...

A) eines Menschen durchschlagen.

2. Nicht jede Belastung kann allerdings durch die personalen Ressourcen ...

B) dass manche Menschen trotz oft erheblicher Belastungen durch Risikofaktoren immer noch gesund bleiben.

3. Etliche Belastungen werden auf die aktuelle körperliche und

C).wie der Einzelne sich zu dieser Belastung einstellt.

seelische Befindlichkeit ...

4. Die Auswirkungen einer Belastung auf die Gesundheit eines Menschen hängen zunächst einmal davon ab... D) so ist das Problem.

5. Wie wir ein Problem sehen... E) bereits vollständig eliminiert worden.

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## **GESUNDHEITLICHE SCHUTZFAKTOREN**

Von zahlreichen Gesundheitswissenschaftlern sind in den letzten zwanzig Jahren versucht worden, die neuen wichtigen Schutzfaktoren für Gesundheit zu identifizieren. Zu solchen Schutzfaktoren gehören vor allem die sogenannten "personalen Ressourcen".

Grundlegend sind die Überzeugung von der Sinnhaftigkeit des eigenen Lebens und Tuns und - damit verbunden - ein positives Selbstwertgefühl. Auf dieser Grundlage existieren weitere, zum Teil sehr eng miteinander verflochtene Schutzfaktoren, die für das Bewältigen von alltäglichen Belastungen und kritischen Lebensereignissen wichtig sein können.

Hierzu gehören:

1) die Bereitschaft, sich zu engagieren (und nicht darauf zu warten, dass andere es tun),

2) die Überzeugung, Kontrolle angesichts wichtiger Lebensereignisse behalten zu können (und nicht ständig zu befürchten, dass die Dinge über den Kopf wachsen könnten),

3) eine optimistische Grundeinstellung (statt einer "Es geht doch alles schief"-Haltung),

4) eine generelle Einstellung, Veränderungen im Leben als Herausforderungen zu sehen (und nicht als Bedrohungen, denen man möglichst ausweichen sollte),

5) die Erwartung, dank der verfügbaren Kompetenzen selbst wirksam werden zu können (statt einer "Das schaffe ich ja doch nicht"-Einstellung),

6) die Bereitschaft, eigene Ziele zu verfolgen (und sich nicht nur nach von anderen gesetzten Zielen zu richten),

7) eine grundsätzliche Offenheit fuer Neues (statt sich auf "Das haben wir schon immer so gemacht" zurückzuziehen),

8) soziale Beziehungsfähigkeit, u.a. gegründet im Vertrauen zu anderen Menschen (und ihnen nicht von vornherein erst einmal Negatives unterstellen).

Es sei betont, dass die Auswirkungen einer Belastung auf die Gesundheit eines Menschen zunächst einmal davon abhängen, wie der Einzelne sich zu dieser Belastung einstellt. So, wie wir ein Problem sehen, so ist das Problem.

Hier greifen die personalen Ressourcen eines Menschen. Wenn gesundheitsbedrohende Ereignisse auftauchen, gehen Menschen mit hohen personalen Ressourcen anders auf sie zu als Menschen mit schwach entwickelten personalen Ressourcen. Sie nehmen die Bedrohungen nicht einfach als unausweichliches Schicksal hin und versuchen auch nicht, ihnen auszuweichen. Sie schätzen vielmehr ihre Möglichkeiten hoch ein, Entwicklungen beeinflussen und unter Kontrolle behalten zu können, und sie sehen potentielle Belastungen (z.B. drohende Arbeitslosigkeit, Prüfungen oder einfach nur Klassenarbeiten) häufig auch als Herausforderung an die eigenen Fähigkeiten.

Und für solche Menschen (im Vergleich zu Menschen mit geringeren personalen Ressourcen) erscheinen die bedrohlichen Situationen weniger stressreich. Hier liegt einer der entscheidenden Gründe dafür, dass manche Menschen trotz oft erheblicher Belastungen durch Risikofaktoren immer noch gesund bleiben. Je geringer dagegen die personalen Ressourcen entwickelt sind, desto stärker schlagen gesundheitliche Belastungen voll auf die Psyche und dann auf den Körper des einzelnen durch.

Nicht jede Belastung kann allerdings durch die personalen Ressourcen bereits vollständig eliminiert werden. Etliche Belastungen werden trotzdem - wenn auch in reduzierter Form - auf die aktuelle körperliche und seelische Befindlichkeit eines Menschen durchschlagen. Wie groß ihre Auswirkungen werden und ob sie sich eventuell letztlich sogar krankheitsauslösend bemerkbar machen, hängt von weiteren Faktoren ab, die das Ausmaß der Belastung und ihre Auswirkungen bestimmen können.

### **5. Выберите правильный вариант.**

1. Grundlegend sind die Überzeugung von der Sinnhaftigkeit des eigenen Lebens und Tuns und ...
  - A) ein positives Selbstwertgefühl
  - B) ein negatives Selbstwertgefühl
2. Menschen mit hohen personalen Ressourcen schätzen vielmehr ihre Möglichkeiten ...ein, Entwicklungen beeinflussen zu können
  - A) hoch
  - B) niedrig

3. Je geringer die personalen Ressourcen entwickelt sind, desto ... schlagen gesundheitliche Belastungen voll auf die Psyche und dann auf den Körper des einzelnen durch.

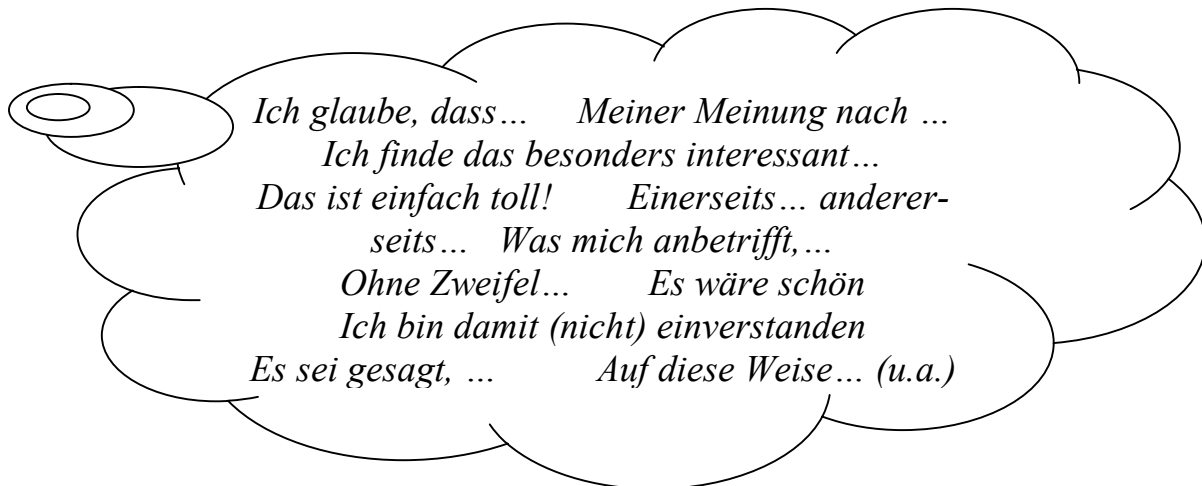
- A) stärker
- B) geringer

4. Eine ... Grundeinstellung gehört zu den wichtigen Schutzfaktoren der Gesundheit des Menschen

- A) optimistische
- B) pessimistische

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Здоровое питание

## (Gesunde Ernährung)

1. Прочтите заголовок и предположите содержание текста.

2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.

	r	f
1. Die richtig zusammengesetzte Nahrung bildet einen der wichtigsten Faktoren der Gesundheit des Menschen. Stimmt es?		
2. Die einseitige Nahrung ist nicht abzulehnen. Stimmt es?		
3. Solche Erkrankungen wie Fettsucht, Verstopfung und Karies sind in der Tat keine Krankheiten. Stimmt es?		
4. Zu den Hauptnährstoffen gehören Fette, Proteine und Kohlenhydrate. Stimmt es?		
5. Es ist wichtig, nicht kurz vor dem Schlafengehen zu essen. Stimmt es?		

3. Подберите окончания к следующим началам предложений.

Anfang...

...Ende

- |   |  |
|---|--|
| 1. Jede einseitige Ernährung ist abzulehnen, ...                            | A) der Fette, Proteine, Kohlenhydrate.   |
| 2. Hauptnährstoffe sind vor allem die Gruppen...                            | B) Da sie früher oder später zu Gesundheitstörungen führt.   |
| 3. Das sind bedeutende Stoffwechselstörungen und können Vorstufen...        | C) Wurst, scharfe Fleischspeisen, Speck, Semmeln, Kuchen, Torten, Salzgemüse, Süßigkeiten usw.                         |
| 4. Zu den sehr verarbeiteten wirkungsarmen Lebensmitteln gehören: ...       | D) ernster Erkrankungen wie Diabetes, Hochdruck, Arteriosklerose, Rheuma, Gallenleiden, Herz-und Kreislaufleiden sein. |
| 5. Es ist daher wichtig nicht erst kurz vor dem Schlafengehen zu essen, ... | E) wie und wann man die Mahlzeiten einnimmt.   |
| 6. Auf Gesunderhaltung wirkt sich aus, ...                                  | F) denn es kann infolge einer erhöhter Magen-und Darmarbeit zu Schlafstö-  |

7. Mehr noch als beim Gesunden ist beim Kranken darauf zu achten, daß...  
rungen kommen.  
G) trotz aller Beschränkungen die notwendigen Stoffe in der Nahrung enthalten sind.

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## **GESUNDE ERNÄHRUNG**

Unsere Gesundheit ist eng mit der Ernährung verbunden. Die Ernährung ist wichtige Voraussetzung des Lebens und jeglicher Lebensäußerung. Einen der wichtigsten Faktoren der Gesundheit des Menschen bildet die richtig zusammengesetzte Nahrung. Eine gesunde Nahrung ist die natürliche so wenig wie möglich veränderte. Jede einseitige Ernährung ist auch abzulehnen, da sie früher oder später zu Gesundheitsschäden führt. Eine gesunderhaltende, leistungsfördernde Ernährung ist anzustreben.

Die 3 Grund – und meist Ersterkrankungen Fettsucht, Verstopfung und Karies werden von den Menschen oft fälschlicherweise gar nicht als Krankheiten angesehen. In der Tat sind sie bedeutende Stoffwechselstörungen und können Vorstufen ernster Erkrankungen wie Diabetes, Hochdruck, Arteriosklerose, Rheuma, Gallenleiden, Herz – und Kreislaufleiden sein. Nicht jedes Lebensmittel hat einen hohen biologischen Nährwert.

Hauptnährstoffe sind die Gruppen der Fette, Proteine und Kohlenhydrate. Sie sind vor allem Baustoffe und Energieträger, Nährstoffe, die Vitamine, das Wasser, Proteine spielen eine doppelte Funktion als Energieträger und Schutzstoffe.

Folgende Lebensmittel sind wirkstoffreich und nicht oder wenig verarbeitet: Frischmilch, Buttermilch, Quark, Frischfleisch, Brot, rohes Obst und Gemüse, Salate, Nüsse, Pellkartoffeln Obstsäfte, Honig, diese Lebensmittel sind reichlich und täglich zu essen.

Folgende Lebensmittel sind bearbeitet und fettreich, der Wirkstoffgehalt ist aber geringer als in erster Gruppe: kondensierte Milch, Käse, Fischkonserven, Eier, Butter, Öl, Margarine, Obst und Gemüsekonserven, Kompotte, Salzkartoffeln. Diese Lebensmittel sind mäßig zu essen.

Zu den sehr verarbeiteten, wirkstoffarmen Lebensmitteln gehören: Wurst, scharfe Fleischspeisen, Speck, Semmeln, Kuchen, Torten, Salzgemüse, Marmeladen, Zucker und Süßigkeiten, Speiseeis, chemisch konservierte Lebensmittel, künstliche Aromen und Essenzen, Limonaden, Essig. Diese Lebensmittel sind nicht oft zu gebrauchen.

Die Verweildauer der Speisen im Magen hängt von deren Art; der Beschaffenheit und Zubereitung ab ...

Verdauungszeit:

- etwa 1 Std. : Milch, Eier(weich), Bier;
- etwa 2 Std. : Magerfleisch, Weißbrot;
- etwa 3 Std. : zarte Gemüse , mageres Fleisch
- etwa 4 Std. : Hering
- etwa 5 Std. : Geflügel, Hülsenfrüchte
- etwa 6 Std. : Ölsardinen.

Es ist daher wichtig, nicht erst kurz vor dem Schlafengehen zu essen, insbesondere keine schwer verdaulichen Speisen zu sich zu nehmen, denn es kann infolge einer erhöhten Magen-und Darmarbeit zu Schlafstörungen kommen. Allgemein gilt ferner: Je fettreicher die Speisen sind, desto schwerer sind sie zu verdauen.

Auf die Gesunderhaltung wirkt sich auch aus, wie und wann man die Mahlzeiten einnimmt. Das erste Frühstück soll man am gedeckten Tisch und sitzend essen. Eine solche ruhige erste Mahlzeit fördert das Wohlbefinden und die Leistungen. Das zweite Frühstück in der Schule oder auf der Arbeit soll aus Kornbrot und etwas rohem Obst oder Gemüse bestehen. Die Mutter, die ihrem Kind Kuchen mitgibt, erweist seiner Gesundheit einen schlechten Dienst, denn ein solches Frühstück vermindert den Appetit, führt dem Körper zuwenig Nährstoffe zu und schädigt den Zahnschmerz. Nahrungsbedarf und Nahrungsaufnahme sollen das Gleichgewicht halten. Eine gesunde Nahrung muß vielseitig sein, d.h. sie muß aus gemischter Kost bestehen.

Nach einer durchgemachten Krankheit kann für die Wiederherstellung der Gesundheit eine sachgemäße Diät von hervorragender Bedeutung sein. (griechisch diaeta = Lebensweise, heute der Begriff für Krankenkost).

Mit Recht bezeichnet man die Diätküche als zweite Apotheke des Krankenhauses.

Mehr noch als beim Gesunden ist beim Krauen darauf zu achten, daß trotz aller Beschränkungen die notwendigen Stoffe in der Nahrung enthalten sind, die Kost schmackhaft und regelmäßig ist.

Bei appetitlosen Kranken sollen Mahlzeiten in kleinen Portionen, aber dafür häufiger verabreicht werden.

Man unterscheidet Diät mit vorwiegend qualitativen und vorwiegend quantitativen Veränderungen.

## **5. Выберите правильный вариант.**

1. Unsere Ernährung ist ... mit der Gesundheit verbunden

A) kurz

- B) eng
- C) weit

2. Eine gesunde Ernährung ist die ... , so wenig wie möglich veränderte.

- A) einseitige
- B) wichtige
- C) natürliche

3. Eine ... Ernährung ist anzustreben.

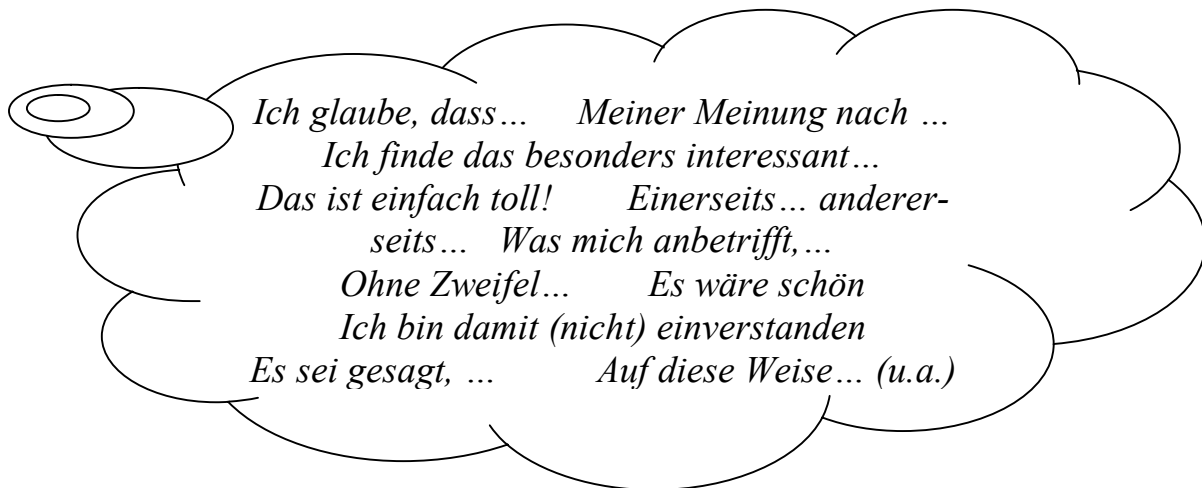
- A) gesunderhaltende
- B) fettreiche
- C) fettarme

4. ... spielen eine doppelte Rolle als Energieträger und Schutzstoffe.

- A) Thrombozyten
- B) Mineralstoffe
- C) Proteine

**6. Sagen Sie, welche neue Information Sie aus diesem Text kennen.**

**7. Kommentieren Sie den Teil des Textes, den Sie für am wichtigsten halten. Verwenden Sie die folgenden Wörter und Wendungen:**



**8. Sie machen einen Vortrag zu diesem Thema. Stellen Sie sich Fragen, die Sie Ihren Zuhörern stellen werden.**



# Исцеление солнцем

(Heilung durch die Sonne)

1. Прочтите заголовок и предположите содержание текста.

2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.

	r	f
1. M. Holick, Professor für Dermatologie glaubt , dass es kein wirksames Mittel gegen Krebs gibt.		
2. Die meisten Experten halten es für höchst zweifelhaft, dass Vitamin D tatsächlich vor Krebs zu schützen vermag.		
3. Täglich 20 Minuten im Freien reichen in der Regel für die nötige Vitamin-D-Versorgung aus.		

3. Подберите окончания к следующим началам предложений.

Anfang...	...Ende
1. Die Reaktion der Fachwelt...	A) könne gefährlich sein.
2. Unabhängig von einem möglichen Schutz vor Krebs...	B) stützt sich auf Ergebnisse eines UV-Monitorings.
3. Der Mediziner	C) ließ sich nicht lange auf sich warten.
4. Selbst ein kurzer Aufenthalt in der Sonne...	D) läuft bei den Alten langsamer ab.
5. Die Eigensynthese in der Haut...	E) reichen in der Regel für die nötige Vitamin - D -Versorgung vollkommen aus.
6. Besonders im sonnenarmen Winter...	F) ist der Mensch auf ausreichend Vitamin D angewiesen.
7. Täglich 20 Minuten im Freien...	G) rutschen viele in den Mangelbereich.

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## HEILUNG DURCH DIE SONNE

Fieberhaft suchen Forscher und Pharmafirmen nach neuen Medikamenten gegen Krebs - meist ohne Erfolg. Doch glaubt man Michael Holick, Professor für Dermatologie an der Uni Boston, ist das wirksamste Mittel gar nicht zu übersehen: die Sonne.

„Die Zahl der Neuerkrankungen bei Brustkrebs und die Mortalität könnten in den USA um 35 bis 75 Prozent sinken“, behauptet Holick, „wenn sich die Menschen vermehrt draußen aufhalten würden.“

Es sind provozierende Sätze wie dieser, mit denen sich der Medizinprofessor den Zorn seiner Kollegen zugezogen hat.

Die Reaktion der Fachwelt ließ nicht lange auf sich warten. Seine Chefin Barbara Gilchrest, Leiterin des Bostoner Instituts für Dermatologie, nennt das Werk „eine Peinlichkeit“ für ihr Institut und für Holick selbst. Seine Thesen seien aus dermatologischer Sicht unverantwortlich und stellten eine Gefahr für die Öffentlichkeit dar. Ähnlich äußerte sich Boni Elewski, Präsidentin der American Academy of Dermatology (AAD): Selbst ein kurzer Aufenthalt in der Sonne könne gefährlich sein. Jeder, der zu vermehrter UV-Exposition rate, „leistet der Gesellschaft einen Bärendienst“.

Der Professor verweist auf Laborexperimente, die darauf hindeuten, dass Vitamin D tatsächlich der Entstehung mancher Tumorarten vorbeugen könnte: Zumindest in der Petrischale vermochte Vitamin D tatsächlich das Wachstum von Leukämiezellen zu stoppen. Ein ähnlicher Effekt zeigte sich bei Krebszellen, die aus Dünndarm-, Prostata- und Brustgewebe entnommen worden waren.

Das lang erwartete Wundermittel gegen Krebs ist Vitamin D damit aber noch lange nicht: In den Versuchen war die notwendige Vitamin-D-Konzentration so hoch, dass sie im menschlichen Körper zur Vergiftung führen würde.

Die meisten Experten halten es daher für höchst zweifelhaft, dass Vitamin D tatsächlich vor Krebs zu schützen vermag.

Unabhängig von einem möglichen Schutz vor Krebs ist der Mensch auf ausreichend Vitamin D angewiesen. Mangelt es dem menschlichen Körper dauerhaft an Vitamin D, geraten Kalzium- und Knochenstoffwechsel aus den Fugen. Die Folge sind schwere Defekte des Knochengerüsts, wie Rachitis bei Kleinkindern.

„Besonders im sonnenarmen Winter rutschen viele in den Mangelbereich“, erläutert Armin Zittermann, Ernährungswissenschaftler und Vitamin-D-Experte

vom Herz- und Diabeteszentrum Nordrhein-Westfalen. „Dabei handelt es sich aber überwiegend um alte Menschen.“

Dass Alte relativ häufig an einer Unterversorgung mit Vitamin D leiden, hat zwei Gründe: Sie sind im Schnitt weniger mobil und bekommen folglich weniger Sonne ab als jüngere Menschen. Zudem läuft die Eigensynthese in der Haut bei ihnen langsamer ab, weshalb sich alte Menschen wesentlich länger in der Sonne aufhalten müssen, um genügend Vitamin D zu produzieren.

Dass allerdings ein großer Teil der Bevölkerung, wie Holick behauptet zu wenig UV-B-Strahlung abbekommt und folglich unter Vitamin-D-Mangel leidet, verweist Dermatologe Meurer ins Reich der Phantasie.

Dabei stützt der Mediziner sich auf Ergebnisse eines UV-Monitorings, das unter seiner Leitung an der TU Dresden läuft. Dabei wird mit Sensoren gemessen, welcher Menge an UV-Strahlung die Menschen im Alltag ausgesetzt sind. Die Ergebnisse sind eindeutig. „Täglich 20 Minuten im Freien reichen in der Regel für die nötige Vitamin-D-Versorgung vollkommen aus und das schaffen die meisten Menschen spielend“, erläutert Meurer. „Nur wer am frühen Morgen mit dem Auto ins Büro fährt, das Gebäude den ganzen Tag nicht verlässt und erst abends ins Freie geht, wenn die UV-B-Intensität wieder sehr schwach ist, läuft womöglich wirklich Gefahr, zu wenig Vitamin D zu produzieren.“ Ein Vitamin-D-Mangel droht auch Menschen, die dauerhaft im Nachtdienst arbeiten und tagsüber schlafen. Solche Personen sollten bewusst darauf achten, regelmäßig für kurze Zeit an die Sonne zu kommen oder notfalls Vitamin-D-Präparate zu sich zu nehmen.

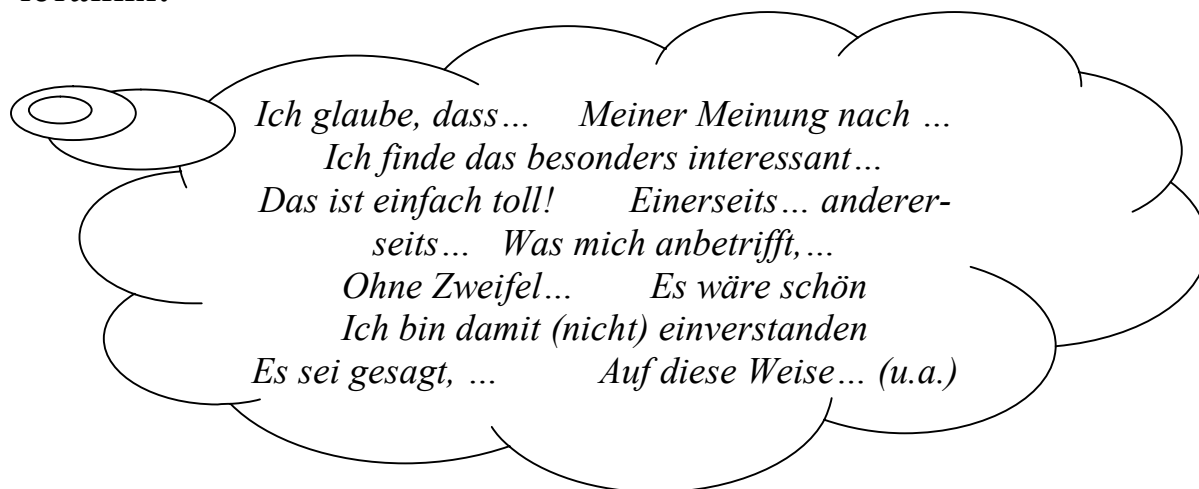
## 5. Выберите правильный вариант.

1. M. Holick ist Professor für Dermatologie ...
  - A) an der Uni Berlin
  - B) an der Uni Boston
  - C) an der Uni Dresden
  
2. Holick behauptet: “ Die Zahl der Neuerkrankungen bei Brustkrebs und die Mortalität könnten um 35 bis 75 Prozent sinken,...
  - A) wenn sich die Menschen erholen würden”
  - B) wenn die Menschen Medikamente einnehmen würden”
  - C) wenn sich die Menschen vermehrt draußen aufhalten würden”
  
3. Nach der Meinung von B. Gilchrest seien seine Thesen aus dermatologischer Sicht unverantwortlich und ...
  - A) geben eine Chance für die Erhaltung der Gesundheit
  - B) stellen eine Gefahr für die Öffentlichkeit dar

- C) ermöglichen nicht die Krebserkrankungen zu heilen
4. Die Laborexperimente von Holick deuten darauf hin, daß...
    - A) Vitamin D der Entstehung mancher Tumorarten vorbeugen könnte.
    - B) Vitamin D der Entstehung der Hauterkrankungen vorbeugen könnte.
    - C) Vitamin D der Entstehung mancher Krankheitserscheinungen vorbeugen könnte.
  5. Mangelt es dem menschlichen Körper dauerhaft an Vitamin D, ...
    - A) entstehen Avitaminosen
    - B) kommt es zu den Hauterscheinungen .
    - C) geraten Kalzium – und Knochenstoffwechsel aus den Fugen
  6. Die Folge des Vitamin-D-Mangels sind schwere Defekte ...
    - A) des Knochengerüsts
    - B) des Muskelsystems
    - C) des Gefäßsystems
  7. Dass Alte relativ häufig an einer Unterversorgung mit Vitamin - D leiden
    - A) hat 5 Gründe
    - B) hat 2 Gründe
    - C) hat 3 Gründe
  8. Alte Menschen müssen sich wesentlich länger in der Sonne aufhalten , ...
    - A) um die Hauterscheinungen zu beseitigen.
    - B) um UV - Strahlung nicht abzubekommen.
    - C) um genügend Vitamin D zu produzieren.
  9. Ein Vitamin-D-Mangel droht auch Menschen , ...
    - A) die sich lange in der Sonne aufhalten.
    - B) die dauerhaft im Nachtdienst arbeiten und tagsüber schlafen.
    - C) die Vitamin-D-Präparate zu sich nehmen.
  10. Die meisten Experten halten es für höchst zweifelhaft, ...
    - A) dass Vitamin D tatsächlich vor Krebs zu schützen vermag.
    - B) dass Vitamin D tatsächlich vor Rachitis zu schützen vermag.
    - C) dass Vitamin D tatsächlich vor Vitaminmangel zu schützen vermag.

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Уход за нашей кожей

## (Hautpflege)

1. Прочтите заголовок и предположите содержание текста.

2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.

	r	f
1. Die Haut spielt für unseren Organismus eine Rolle.		
2. Die intensive Durchblutung und eine große Anzahl von Schweißdrüsen ermöglichen den Haushalt des Körpers zu regulieren		
3. Die Absonderung der Talgdrüsen macht die Haut geschmeidig und schützt sie vor dem Austrocknen.		
4. Die Hautpflege schützt die Haut vor Infektionen nicht.		

3. Подберите окончания к следующим началам предложений.

Anfang...

...Ende

- |  |   |
|--|---|
| 1. Unsere Körperpflege hängt hauptsächlich von...                | A) eine Verengung der Gefäße ein.   |
| 2. Die Haut schützt unseren Körper vor...                        | B) die Haut als Sinnesorgan.  |
| 3. Bei der Abkühlung der Haut tritt...                           | C) einer richtigen Hautpflege ab.   |
| 4. Eine besonders wichtige Aufgabe erfüllt...                    | D) die Rötung, Bildung von Blasen und Krusten, Schuppung, Geschwüre.                  |
| 5. Die wichtigsten krankhaften Veränderungen sind:..             | E) mechanischen und chemischen Einwirkungen sowie dem Eindringen von Mikroorganismen. |
| 6. Das bedeutet jedoch nicht...                                  | F) diesen Schutzmantel zerstören  |
| 7. Aber ein häufiges Waschen mit warmem Wasser und Seife kann... | G) dass täglich ein warmes Vollbad genommen werden soll.                              |

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

## HAUTPFLEGE

Unsere Körperhygiene hängt hauptsächlich von einer richtigen Hautpflege ab. Die Haut ist von größter Bedeutung für den Organismus. Sie schützt unseren Körper vor chemischen und mechanischen Einwirkungen sowie vor dem Eindringen von Mikroorganismen.

Die intensive Durchblutung und eine große Anzahl von Schweißdrüsen ermöglichen es der Haut, den Wärmehaushalt des Körpers zu regulieren. Wenn uns heiß ist, erweitern sich die Hautgefäße, die Durchblutung wird dabei intensiver, und aus den Schweißdrüsen wird der Schweiß ausgeschieden. Der Schweiß wirkt wärmeentziehend und kühlend. Außerdem scheiden die Schweißdrüsen Stoffwechselschlacken aus. Bei Abkühlung der Haut tritt eine Verengung der Gefäße ein.

Die Absonderung der Talgdrüsen machen die Haut geschmeidig und schützen sie vor dem Austrocknen.

Eine besonders wichtige Aufgabe erfüllt die Haut als Sinnesorgan. In der unteren und mittleren Schicht der Oberhaut verlaufen feinste Nervenfasern, welche die Schmerzempfindungen vermitteln. Heraus folgt, dass eine Verletzung der Hautoberfläche die Funktionen des Gesamtorganismus beeinflusst und dass umgekehrt Nerven- und Kreislaufstörungen die Funktion der Haut beeinflussen.

Das Aussehen der erkrankten Haut weicht von dem der gesunden Haut ab. Die wichtigsten krankhaften Veränderungen der Haut sind: Rötung, Bildung von Blasen und Krusten, Schuppung, Geschwüre, Brennen und Jucken.

Eine gute Hautpflege schützt die Haut vor Infektionen.

Die Pflege besteht in erster Linie in Reinlichkeit und Abhärtung. Schweiß, Schmutz und Hauttalg beseitigt man am besten mit warmem Wasser und Seife. Das bedeutet jedoch nicht, daß täglich ein warmes Vollbad genommen werden soll.

Die Haut besitzt einen fetthaltigen Überzug, der als Schutz gegen das Eindringen von Krankheitskeimen dient. Aber häufiges Waschen mit warmem Wasser und Seife kann diesen Schutzmantel zerstören. Das kann zur Bildung von Rissen führen.

Es genügt, ein- oder zweimal in der Woche warm zu baden. Man soll jedoch jeden Morgen duschen. Das Wasser soll dabei erfrischend kühl sein, nach der Dusche oder dem Bad soll der Körper kräftig frottiert (gerubbelt) werden. Die Achsenhöhlen und Füße sollen öfters mit guter milder Seife und warmem Wasser gewaschen werden.

## 5. Выберите правильный вариант.

1. Die Haut schützt unseren Körper vor:
  - A) der Körperpflege
  - B) von den Mikroorganismen
  - C) dem Eindringen der Mikroorganismen
  
2. Eine große Anzahl von Schweißdrüsen ermöglicht ... zu regulieren.
  - A) die chemischen Einwirkungen
  - B) den Haushalt des Körpers
  - C) die Absonderung der Talgdrüsen
  
3. Die Absonderung der Talgdrüsen macht die Haut ...
  - A) geschmeidig
  - B) warm
  - C) kühl
  
4. Eine besonders wichtige Aufgabe erfüllt die Haut als ...
  - A) Verdauungsorgan
  - B) Atmungsorgan
  
5. In der unteren und mittleren Schicht verlaufen feinste ...
  - A) Sehnen
  - B) Bänder
  - C) Nervenfasern
  
6. Das Aussehen der erkrankten Haut weicht von dem Aussehen der .... ab.
  - A) kühlen
  - B) gesunden
  - C) warmen
  
7. Eine gute Hautpflege schützt die Haut vor ...
  - A) Körperhygiene
  - B) Infektion
  - C) Stress
  
8. Die Pflege besteht in erster Linie in ...
  - A) Reinlichkeit und Abhärtung
  - B) Schweißdrüsen
  - C) Talgdrüsen



9. Häufiges Waschen mit warmem Wasser und Seife kann diesen Schutzmantel

...

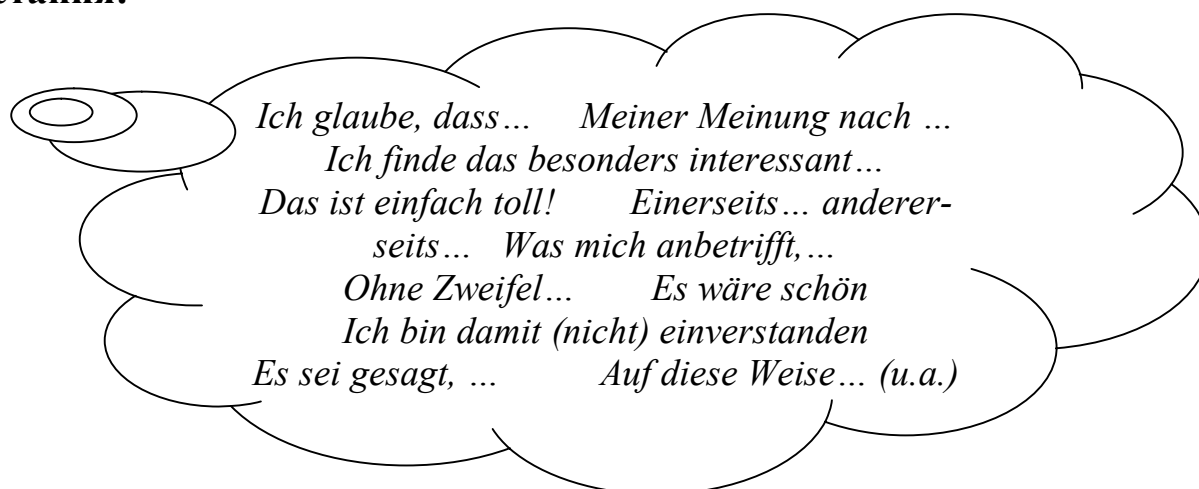
- A) aufbewahren
- B) reinigen
- C) zerstören

10. Nach der Dusche oder dem Bad soll der Körper ..... gerubbelt (frottiert) werden.

- A) warm
- B) kräftig
- C) kalt

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**Задание 8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Сбросим лишние килограммы

(Runter mit den Kilos !)

1. Прочтите заголовок и предположите содержание текста.

2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.

	r	f
1. Purer Saft ist viel mehr geeignet als Saftschorle.		
2. Etwas Wasser vor dem Frühstück kann die Verdauung anregen.		
3. Es wäre besser, auf den Nachmittagskaffee zu verzichten.		
4. Früchtetee entzieht dem Körper des Menschen Flüssigkeit ebenso wie Alkohol.		

3. Подберите окончания к следующим началам предложений.

Anfang...	...Ende
1. Was beim Mittagessen nicht fehlen sollte...	A) entziehen dem Körper des Menschen Flüssigkeit.
2. Ein Glas Wasser vor dem Frühstück...	B) weil sie nicht so lange im Magen bleibt.
3. Saftschorle ist viel mehr geeignet als purer Saft,	C) kann leicht und gesund abnehmen.
4. Koffeinhaltige Getränke	D) ist ein Glas Wasser oder Saftschorle.
5. Nur wer viel trinkt ...	E) gesundheitlich okay.
6. Nachmittags trinken Sie anstatt Kaffee...	F) regt die Verdauung an und gleicht den Flüssigkeitsverlust der Nacht aus.
7. Ein Glas Wein oder ein Bier sind...	G) lieber heiße Schokolade

4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.

## SCHNELLER SCHLANK MIT DER TRINK-UHR

Nur wer viel trinkt, kann leicht und gesund abnehmen. Dieser Rund-um - die Uhr –Trinkplan hilft Ihnen, jeden Tag ausreichend Flüssigkeit zu sich zu

nehmen, damit die Pfunde schon bald nur so purzeln – völlig mühelos und ohne den lästigen Jo-Jo-Effekt.

**Morgens:** Trinken Sie schon vor dem Frühstück 1 Glas Wasser. Das regt die Verdauung an und gleicht den Flüssigkeitsverlust der Nacht aus. Zum Frühstück nicht nur Kaffee, sondern auch Saftschorle oder fettarme Milch trinken.

**Vormittags:** Im Laufe des Vormittags sollten Sie mindestens 0,75 Liter Flüssigkeit zu sich nehmen. Am besten Saftschorle, ungesüßten Früchtetee, Buttermilch und natürlich auch Mineralwasser.

**Mittags:** Suppe, Fleisch- oder Gemüsebrühe können Sie auf Ihrem Flüssigkeitskonto verbuchen. Doch egal, ob Suppe oder Brühe: was in jedem Fall beim Mittagessen nicht fehlen sollte, ist mindestens 1 Glas Wasser oder Saftschorle. Purer Fruchtsaft ist dagegen weniger geeignet, weil er lange im Magen bleibt.

**Nachmittags:** Am besten wäre es, wenn Sie auf Ihren Nachmittagskaffee verzichten könnten. Einen Versuch ist es wert. Denn koffeinhaltige Getränke wie Tee und Kaffee entziehen dem Körper Flüssigkeit, statt ihn damit zu versorgen. Trinken Sie also lieber mal heiße Schokolade mit fettarmer Milch oder Früchtetee.

**Abends:** Ein Glas Wein oder ein Feierabendbier sind gesundheitlich völlig okay. Doch da Alkohol ebenso wie das Koffein in Tee und Kaffee dem Körper Flüssigkeit entzieht, können sie nicht auf dem Flüssigkeitskonto verbucht werden. Trinken Sie deshalb immer zusätzlich – oder stattdessen, das ist auf jeden Fall besser für die Figur – 1 Glas Wasser, Saftschorle, Früchte- oder Kräutertee.

**Nachts:** Vor dem Schlafengehen noch mal 1 Glas Wasser oder Saftschorle verschafft dem Körper einen kleinen Vorrat für die Nachtstunden. Stellen Sie zusätzlich 1 Flasche Mineralwasser auf Ihren Nachttisch. Wenn Sie nachts aufwachen und Durst verspüren, erspart Ihnen das den Gang zum Kühlschrank.

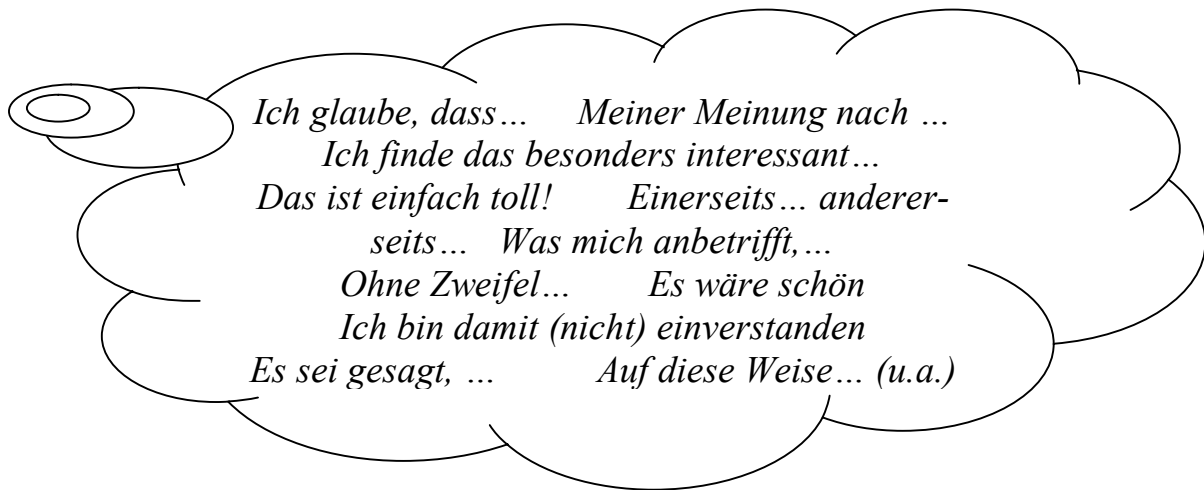
## 5. Выберите правильный вариант.

1. Wie kann man leicht und gesund abnehmen?
  - A) Wenn man mehr trinkt
  - B) Wenn man weniger trinkt
  - C) Wenn man mehr isst
2. Ist es gesundheitlich gut, wenn man vor dem Frühstück Wasser trinkt?
  - A) Ja, wenn man 3 Glas Wasser trinkt.
  - B) Ja, wenn man 1 Glas Wasser trinkt
  - C) Nein, das schadet der Gesundheit
3. Was regt die Verdauung an?
  - A) Fleischbrühe
  - B) Eine Tasse Kaffee am Nachmittag

- C) Ein Glas Wasser vor dem Frühstück
4. Was ist am Vormittag am besten zu trinken?  
A) ein Glas Wein  
B) eine Tasse Kaffee  
C) Früchtetee
5. Warum ist purer Fruchtsaft weniger geeignet als Saftschorle?  
A) er entzieht Flüssigkeit  
B) er bleibt länger im Magen  
C) er macht dick
6. Was kann den Flüssigkeitsverlust der Nacht ausgleichen?  
A) Wasser  
B) Wein  
C) Kaffee
7. Was ist gesundheitlich gut am Nachmittag?  
A) ein Glas Bier  
B) eine Tasse Tee  
C) heiße Schokolade
8. Was entzieht dem Körper Flüssigkeit?  
A) Früchtetee  
B) fettarme Milch  
C) Alkoholgetränke
9. Was hilft genug Flüssigkeit während des Tages zu sich zu nehmen?  
A) die Uhr  
B) der Trink-Plan  
C) die Intuition
10. Kann man wirklich abnehmen, wenn man viel trinkt?  
A) Ja  
B) Nein  
C) Ich zweifle daran

**6. Скажите, какие новые факты Вы узнали из текста.**

**7. Прокомментируйте ту часть текста, которая, по вашему мнению, является наиболее важной. Используйте следующие слова и словосочетания:**



**8. Вы делаете доклад по данной теме. Предположите, какие вопросы зададут Вам слушатели.**

# Здоровый образ жизни

(Gesund leben)

1. Прочтите заголовок и предположите содержание текста.

2. Скажите, соответствуют ли следующие утверждения тексту, затем просмотрите текст и определите, правильны ли были ваши предположения.

	r	f
1. Die UV-Strahlung kann zum Verlust der Sehschärfe führen.		
2. Alkohol trägt zum guten Schlaf bei.		
3. Bananen haben wenige Kohlenhydrate.		
4. Beim Schwitzen verliert der Mensch Mineralstoffe, die für den Organismus sehr wichtig sind.		

3. Подберите окончания к следующим началам предложений.

Anfang...

...Ende

1. Rauchen kann der Beweglichkeit...

A) das Risiko einer Makula-Regeneration.

2. Ohne einige Mineralstoffe...

B) die dicksten Teenager.

3. Bei der Makula-Degeneration geht...

C) sondern auch den Augen.

4. Die UV-Strahlung erhöht...

D) sind die Funktionen des Organismus geschwächt.

5. Wer im Sommer viel schwitzt...

E) die Sehschärfe der Augen teilweise oder ganz verloren.

6. Die USA haben...

F) der Fibroblasten schaden.

7. Die UV-Strahlung schadet nicht nur der Haut des Menschen...

G) der sollte auf seinen Mineralstoffwechsel achten.

## GESUND LEBEN

A.

### Bei Schwitzen droht Mineralstoffmangel

Wer im Sommer viel schwitzt oder viel Schweiß beim Sport verliert, der sollte verstärkt auf seinen Mineralstoffwechsel achten. Beim Schwitzen verliert der Körper vor allem Magnesium, Kalzium, Eisen, Zink, Jod und Kalium. Ohne sie

sind die Körperfunktionen geschwächt. Ärzte empfehlen, die Mineralstoffdepots nach dem Sport aufzufüllen,

## **B.**

### **Rauchen verlangsamt die Wundheilung**

Bei Rauchern ist die Wundheilung gestört, sagen US-Wissenschaftler. Rauchen schadet der Beweglichkeit der so genannten Fibroblasten, der Heilzellen. Wunden heilen deshalb langsamer ab und die Narbenbildung kann stärker sein, Passivraucher können von der verminderten Wundheilung betroffen sein.

## **C.**

### **Sonne schadet den Augen**

Wer sich mehr als 5 Stunden dem Sonnenlicht aussetzt, schadet nicht nur seiner Haut, sondern auch den Augen. Die UV-Strahlung erhöht das Risiko einer altersbedingten Makula-Degeneration, ergab eine US-Studie. Bei der Makula-Degeneration geht die zentrale Sehschärfe eines oder der beiden Augen teilweise oder ganz verloren.

## **D.**

### **Schlafstörungen nach Alkoholgenuss**

Ein Gläschen Alkohol am Abend entspannt und sorgt für guten Schlaf – stimmt nicht. Die Universität Freiburg hat herausgefunden, dass Alkohol in den ersten Nachtstunden zwar schlaffördernd wirkt, aber “Entzugserscheinungen” in der zweiten Nachthälfte zu Herzrhythmusstörungen, Magendrücken, Schwitzen und Kopfschmerzen führen können.

## **E.**

### **Bananen – lieber nicht so viel davon**

Sie strotzen zwar vor Zink und Magnesium, Bananen kurbeln aber mit ihren Kohlenhydraten die Produktion des Dickmacher-Hormons Insulin kräftig an. Besser: Haferflocken, frisches Obst, fettarmer Joghurt schon zum Frühstück Das bringt Fitness und außerdem gute Laune für den ganzen Tag.

## **F.**

### **Wer ist am dicksten?**

#### ***(Essen ohne Maß, Sitzen ohne Ende)***

In einer Studie des dänischen Instituts für Volksgesundheit wurden 30000 Teenager aus 13 europäischen Ländern, Israel und den USA nach dem BMJ getestet (ohne Russland). In Litauen gibt es am wenigsten Übergewichtige. Deutsche Jugendliche liegen im mittleren Bereich. Die USA haben mit Abstand die dicksten Teenager. Der Grund ist der hohe Konsum von Fast-Food-Produkten (Hambur-

ger, Pizza, Chips, Schokolade) sowie akute Bewegungsarmut. In den USA gilt Übergewicht bereits als größeres Problem als Rauchen oder Alkoholmissbrauch.

**4. Внимательно прочтите текст. В каждом абзаце постарайтесь выделить предложения или ключевые слова, которые отражают главную идею абзаца.**

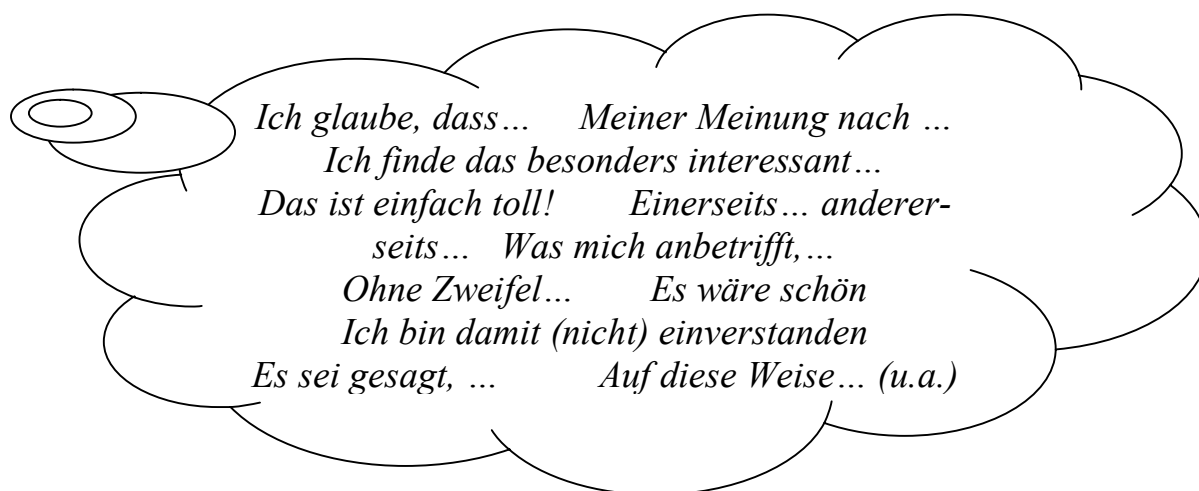
1. Beim Schwitzen verliert der Mensch in erster Linie
  - A) das Blut
  - B) Mineralstoffe
  - C) sein Gewicht
  
2. Das Rauchen....
  - A) schadet auch den Passivrauchern.
  - B) schadet den Passivrauchern nicht
  - C) ist für alle nicht gefährlich
  
3. Wie wirkt die UV-Strahlung auf den Organismus?
  - A) Sie macht die Augen gesund
  - B) Sie ist nicht gefährlich
  - C) Sie kann die Makula-Degeneration hervorrufen
  
4. Ohne Mineralstoffe kann der Organismus....
  - A) auch gut funktionieren
  - B) geschwächt werden
  - C) nicht funktionieren
  
5. Wie wirkt Alkohol auf den Schlaf des Menschen?
  - A) Der Mensch schläft gut die ganze Nacht
  - B) Man hustet in der Nacht
  - C) Es kann zu Herzrhythmusstörungen kommen
  
6. Zum Frühstück ist es besser...
  - A) Bananen zu essen
  - B) nichts zu essen
  - C) frisches Obst, Haferflocken zu essen
  
7. Wo gibt es am meisten übergewichtige Jugendliche?
  - A) in den USA
  - B) in Litauen
  - C) in Deutschland



8. Wozu kann die Makula-Degeration führen?
  - A) Die Augen können besser sehen
  - B) Der Mensch kann nichts sehen
  - C) Die Sehschärfe kann verloren gehen
  
9. Ein wenig Alkohol....
  - A) sorgt für guten Schlaf
  - B) kann den Menschen töten
  - C) kann den Schlaf stören
  
10. Was ist der wichtigste Grund des Übergewichtes?
  - A) Das Rauchen
  - B) Der Alkoholmissbrauch
  - C) Der hohe Konsum von Fast-Food-Produkten

**6. Sagen Sie, welche neuen Fakten Sie aus dem Text kennen.**

**7. Kommentieren Sie den Teil des Textes, den Sie für am wichtigsten halten. Verwenden Sie die folgenden Wörter und Wendungen:**



**Задание 8. Представьте себе, что вы делаете доклад о здоровом образе жизни. Какие вопросы могли бы вам задать ваши слушатели?**

# ФРАНЦУЗСКИЙ ЯЗЫК

## Как побороть желание курить

(S'arrêter de fumer)



1. В тексте, выделите словарь относительно курения.

### S'ARRETER DE FUMER : LES BONS MOYENS....

Si de nombreux fumeurs s'arrêtent un jour, sans aucun soutien, pour d'autres, une aide peut être souhaitable : soutien psychothérapeutique, conseils diététiques, suivi médical (les consultations d'aide au sevrage tabagique, où un arrêt personnalisé est proposé, peuvent s'avérer très utiles). Différents moyens sont à la disposition des fumeurs pour arrêter.

- **Les patches à la nicotine** sont réservés aux gros fumeurs dépendant physiquement de la nicotine. Non remboursés par la Sécurité Sociale, ils sont pour l'instant prescrits par un médecin après examen de santé et nécessitent une surveillance stricte. Ces timbres, collés sur la peau, délivrent de la nicotine, ce qui permet d'éviter le manque tout en commençant à perdre les habitudes liées à la cigarette. Les doses étant progressivement réduites, le sevrage se fait plus en douceur. Seule contrainte : le sevrage doit être total.

- **Les gommes à mâcher à la nicotine**, d'un goût pas toujours agréable, peuvent aussi permettre de passer un cap difficile. Elles ne nécessitent pas de prescription, mais imposent aussi l'arrêt.

- **La relaxation, l'hypnose** : ces méthodes tentent de délivrer du stress, de l'angoisse qui accompagnent souvent les habitudes du fumeur.

- Citons encore **l'acupuncture, la mésothérapie, l'auriculothérapie, l'homéopathie**, ou encore les cures thermales qui proposent soutien psychologique et conseils nutritionnels.

Quelle que soit la méthode adoptée, la clé de la réussite reste la motivation... sans oublier le soutien de l'entourage familial, amical, voire si possible professionnel.

### **...les mauvais moyens**

- **L'arrêt progressif ou partiel** : la diminution de la consommation est une solution illusoire, car, d'une part, les habitudes demeurent, le goût et le plaisir aussi ; d'autre part, il paraîtra moins grave de ne pas diminuer un jour que de fumer une cigarette alors qu'on a arrêté complètement ; enfin, on ne connaît pas le seuil "sans danger".

- **La consommation de cigarettes légères**, dans le but de réduire le risque pour la santé : cette réduction n'est pas évidente, car la manière de fumer change (bouffées plus importantes et plus rapprochées). De ce fait, l'intoxication est à peu près similaire.

## **2. Ответьте на вопросы:**

- Lisez le titre, de quoi s'agit-il dans ce texte?
- Savez-vous quelle est la meilleure méthode pour s'arrêter de fumer?
- Quand on arrête de fumer, est-ce que l'on annule les risques?
- De plus en plus de fumeurs souhaitent s'arrêter. Mais les difficultés rencontrées sont nombreuses, et les échecs fréquents. Pourquoi cela se passe?
- Chaque fumeur doit choisir la méthode de sevrage qui lui conviendra le mieux. De quoi ça dépend?

## **3. Скажите, является информация правильной или ложной?**

- a. La diminution de la consommation des cigarettes est la meilleure solution.
- b. Les tabagiques passifs n'ont pas de risque de cancer du poumon.
- c. Les gommes à mâcher à la nicotine ont un goût agréable.
- d. Les patchs à la nicotine sont les timbres collés sur la peau qui délivrent de la nicotine.
- e. La consommation de cigarettes légères réduit le risque pour la santé.

- f. le bébé de mère fumeuse reçoit moins de nourriture et d'oxygène. Ensuite, ce bébé absorbe directement de la nicotine et de l'oxyde de carbone.
- g. La clé de la réussite est la motivation.

#### 4. Восстановите предложения:

- |  |  |
|--|--|
| 1. Les patchs à la nicotine                                | A) rend le fumeur dépendant physiquement (ou pharmacologiquement) et psychiquement.  |
| 2. L'hypnose   | B) provoque des cancers de lèvres, de bouche, de langue.   |
| 3. La cigarette  | C) permettent d'éviter le manque de nicotine.  |
| 4. La chaleur de combustion (f) (сгорание)                 | D) peut délivrer du stress, de l'angoisse et des habitudes du fumeur.  |
| 5. Une dépendance "pharmacologique" (ou encore "physique") | E. est un syndrome de manque qui se manifeste par une nervosité, une irritabilité, des problèmes de concentration et de sommeil. |

#### 5. Оцените свой статус курильщика :

1. Quand fumez-vous votre première cigarette après le réveil?	2. Combien de cigarettes fumez-vous par jour?
- dans les 5 premières minutes 3	- 10 ou moins 0
- entre 6 et 30 minutes 2	- de 11 à 20 1
- entre 31 et 60 minutes 1	- de 21 à 30 2
- après 60 minutes 0	- plus de 30 3
3. Avez-vous du mal à ne pas fumer lorsque c'est interdit (transports, bibliothèque, cinéma, etc.)?	4. Quelle est la cigarette à laquelle vous auriez le plus de mal à renoncer?
- oui 1	- la première de la journée 1
- non 0	- une autre 0
5. Fumez-vous davantage au cours des premières heures qui suivent le réveil que durant le reste de la journée?	6. Fumez-vous si vous êtes malade et alité la majeure partie de la journée?
-oui 1	- oui 1
- non 0	- non 0

**Критерии оценки :**

0 à 2: pas de dépendance;

3 ou 4: dépendance faible;

5 ou 6: dépendance moyenne;

7 ou 8: dépendance forte.

Après analyse de vos habitudes, il va falloir trouver une solution de remplacement pour chacune de ces cigarettes fumées. Par quoi peut-on substituer ces cigarettes (en cas de dépendance)?

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