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«НОВОЧРКАССКИЙ МЕДИЦИНСКИЙ КОЛЛЕДЖ»

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**АНГЛИЙСКИЙ ЯЗЫК**

**Пособие для студентов второго курса медицинского колледжа специальности «Сестринское дело»**

**(очно-заочная форма обучения)**

**Новочеркасск**

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УДК 51

ББК 22.1

 Л38

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**Л 38**

**Английский язык:** пособие для студентов второго курса медицинского колледжа специальности «Сестринское дело» очно-заочной формы обучения / ГБПОУ РО «Новочеркасский медицинский колледж» - Новочеркасск: Изд-во

 Пособие предназначено для студентов второго курса медицинского колледжа специальности «Сестринское дело» очно-заочной формы обучения и может быть использовано в качестве основной учебной методической литературы на занятиях по английскому языку по новым образовательным стандартам.

 Цель данного пособия — развитие коммуникативных компетенций студентов-медиков на основе бытовых и общемедицинских тем.

 УДК 51

ББК 22.1

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**ПРЕДИСЛОВИЕ**

 Данное пособие предназначено для студентов второго курса медицинского колледжа специальности «Сестринское дело» очно-заочной формы обучения. Задача данного пособия — научить студентов-медиков навыкам разговорной речи на основные бытовые темы, а также темы, связанные с профессиональной деятельностью в области медицины. Основной целью учебного пособия, в соответствии с новыми государственными образовательными стандартами и действующей рабочей программой по дисциплине, является формирование иноязычной коммуникативной компетенции специалиста-медика, позволяющей использовать иностранный язык как средство профессионального и межличностного общения. Структура и содержание пособия ориентированы на взаимосвязанное решение коммуникативных, познавательных, развивающих и воспитательных задач и формирование у студентов- медиков профессиональной иноязычной коммуникативной компетенции. Структурной единицей учебного пособия является урок, состоящий: — из активного словаря (глоссария) современной наиболее употребительной лексики, обязательной для усвоения; — текста, который включает основную смысловую информацию урока и предназначен для развития навыков устной речи; — комплекса послетекстовых упражнений, направленных на развитие навыков разговорной речи (составление монологического высказывания по изучаемой теме, формирование умений выразить свое собственное отношение к обсуждаемой проблеме); — грамматических заданий по темам рабочей программы. Настоящее пособие предназначено для обучения английскому языку студентов медицинских колледжей и медицинских училищ как под руководством преподавателя, так и для самостоятельной работы.

**Медицинские профессии — что может быть важнее?**

**УРОК 1. ОБЩИЕ СВЕДЕНИЯ Об ИЗУЧАЕМОМ ЯЗЫКЕ. ОСНОВНЫЕ ПРАВИЛА ЧТЕНИЯ. ПРАВИЛА ЧТЕНИЯ ГЛАСНЫХ И СОГЛАСНЫХ**

**Как правильно произносить алфавит?**

**Транскрипция —** это запись звучания буквы или слова в виде последовательности специальных фонетических символов. Зная транскрипцию, вы без посторонней помощи правильно прочитаете незнакомое слово. Транскрипция напрямую связана с правилами чтения**.**





**4 основных типа чтения гласных**

***E, A, Y , U ,O, I*  в ударных слогах в английском языке**



I тип чтения – открытый слог**(**открытым считается слог, оканчивающийся на гласную, даже если она не произносится)

Обратите внимание на первую строку таблицы. Слова same, note, he, fine, my, cube как и все слова этой категории оканчиваются на немую гласную, а чтение гласных в корне слова совпадает с названием букв согласно алфавиту. Таким образом, слова с немыми гласными на конце, т.е. слова 1 типа чтения same, note, he, fine, my, cube, будут звучать как «сейм, ноут, хи, файн, май, кьюб»

**Упражнение 1.**

Note, lone, mice, rice, type, tune, shy, lay, say, he, hay, name, same, nine, nice, game, came, make, Kate, Pete, five, tie, life, eve, me, size, no, cope, smoke, rose, nose, spine, sly, cry, vine, maze, home, tube, made, fume, cube, pace, lace, sky, hale, spine.

II тип чтения – закрытый слог (закрытым считается слог, оканчивающийся на согласную). Это вторая строка по таблице. Обратите внимание на слова rat, hot, red, bit, myth, run,  на конце которых отсутствует немая гласная. Эти слова звучат как «рэт, хот, ред, бит, мисс, ран».

**Упражнение 2.**

Cap, pen, bed, ten, not, spot, lot, bad, rat, sit, send, test, pit, in, send, spell, tin, less, ban, mad, fat, Sam, land, did, fit, sat, pet, tin, slip, sad, glad, bag, jam, gap, lag, can, kin, Jim, Jack, yes, ink, cup, run, cod, spin, not, doll, hop, hot, bank, rank, spin, up, us, bus, bun, cut, fun, vet, well, but, nut.

III тип чтения – гласная + буква “r”, которая влияет на звучание гласной в корне слова, придавая ей некоторую протяжность. Так слова car, sort, term, fir, Byrd, fur звучат как «ка: со:т, те:м, фё: бе:д, фе: ».

**Упражнение 3.**

Stern , Far, curt, hard, hart, car, card, cart, fork, cork, work,  sort, term, first,  Byrd, furs, curl,  her, curb, turn, girl, sir, burn, turn, word, born, torn, bird, form, serf, herb.

IV тип чтения – гласная + буква “r” + гласная**.**Буква “r” в данном случае также не читается;  все три гласные в совокупности звучат следующим образом: care, store, mere, tyre, cure – «кэа, сто:, миэ, таиэ, кьюэ».

**Упражнение 4.**

Fare , here, pure, rare , cure, during, mare,   fire, bare, mire, stare ,tire,  sere,    mere, store,  core, more, care.

**Таблица правил сочетаний гласных букв под ударением**



**Правила произношения безударных:**

1. Буквы “e”, “y”, “i” произносятся как [i], если после них не стоит “r”: divide [di′vaid].

2. Гласные “a”, “u”, “o” без ударения, а также в префиксах и суффиксах читаются как звук [ə]: glorious [glo:riəs].

3. Буква “i” перед гласной произносится как [j]: union [′ju:njən].

4. Гласные перед “r” передают звук [ə]: player [`pleiə(r)].

**Правила чтения согласных букв в английском языке**

Часть согласных образуют пары: глухие – звонкие [p] - [b],  [k] - [g],  [θ] - [ð],  [ʃ] - [ʒ]

В отличие от русского языка, в английском согласные не смягчаются, и всегда произносятся твердо. В конце слова звонкие согласные не оглушаются. А глухие согласные произносятся четче чем в русском. Двойные согласные произносятся как один звук, без удлинения: miller - ['mılə]. Звуки [p], [t], [k] сопровождаются придыханием. Звуки [n], [d], [l], [z], [s], [t] альвеолярные, отличаются от русских местом артикуляции: кончик языка дотрагивается до бугорков над верхними зубами (альвеол).

|  |  |  |
| --- | --- | --- |
| **Буква** | **Звук** | **Примеры** |
| **b** | [b] | bad, baby, sob |
| **c** | перед гласными **e**, **i**, **y** - [s] | face, cereal, cease, city, centre, pace, icy, circuit, cyber, cynic |
| в остальных случаях - [k] | can, concrete, clean, crash, clear, coast, cake, carbon, cripple, curious |
| **d** | [d] кончик языка на альвеолах | dog, dad, muddy |
| **f** | [f] | fat, life |
| **g** | перед гласными **e**, **i**, **y** - [dʒ] | gym, cage, beige, giant, gypsy, gymnastics, page, ginger, gigantic |
| в остальных случаях - [g] | game, good, grey, gold, glamor, glad, graceful, fog, gut |
| **h** | [h] | hat, hen, he, happen |
| **j** | [dʒ] | job, jacket, joy, jingle, jeans, jump, joker, jeep, journey |
| **k** | [k] с придыханием | kite, bike |
| **l** | [l] кончик языка на альвеолах | little, plane |
| **m** | [m] | mum, make |
| **n** | [n] кончик языка на альвеолах | nanny, nine |
| **p** | [p] с придыханием | pony, map |
| **q** | встречается только в буквосочетании **qu** - [kw] | quick, squirrel, queen |
| **r** | в начале слова, после согласных и между некоторыми гласными - [r] | rock, crack, story |
| **s** | в конце слова после гласных и звонких согласных - [z] | doctors, prays, photos, cells, bees, pins, beds |
| между двумя гласными - [z] | rose, rise, close, choose |
| между двумя гласными - [s] | base, case |
| перед согласными, в начале слова, в конце слова после глухого согласного, в сочетании **ss** - [s] | test, maps, sit, miss |
| **t** | [t] с придыханием | tree, bite, put |
| **v** | [v] | vet, save |
| **w** | в начале слова - [w] | will, weak, wise |
| **x** | перед ударным слогом - [gz] | exist, examination, example, exam, exotic, executor |
| в начале слова - [z] | xenon, xerox, xylophone, xiphoid, xylose |
| в других случаях - [ks] | taxi, exception, expertise, text, ox, extravagant, mix, linx |
| **z** | [z] кончик языка на альвеолах | crazy, zebra |

**ФОНЕТИЧЕСКИЕ УПРАЖНЕНИЯ**

**Закрытый слог**

1. **Прочитай.**

Bab add cab dad bed bad fed.

1. **Прочитай.**

Bab add cab dad bed bad fed beg egg bag had

1. **Прочитай.**

Bab add cab dad bed bad fed beg egg bag had dig did if dig.

1. **Прочитай.**

Bab add cab dad bed bad fed beg egg bag dig did if big jab kid hid.

1. **Прочитай**.

Bad fed beg egg bag dig did if big jab kid hid.

1. **Прочитай.**

Beg egg bag dig did if big jab kid hid flag fled elk leg led lad cliff bill.

1. **Прочитай.**

Did if big jab kid hid flag fled elk leg led lad cliff bill mad mill milk dam ham and ban can fan blend fin dog fog fold hold folk doll oil old mob nod.

1. **Прочитай**.

Kid hid flag fled elk leg led lad cliff bill mad mill milk dam ham and ban can fan blend fin dog fog fold hold folk oil old mob nod pan pen pin pink pond pig pill pal.

1. **Прочитай.**

Flag fled elk leg led lad cliff bill mad mill milk dam ham and ban can fan blend fin dog fog fold hold folk doll oil old mob nod pan pen pin pink pond pig pill pal raft rag ram ramp rant rap red rid rod romp sad self sell silk sin sink stop.

1. **Прочитай.**

Fled elk leg led lad cliff bill mad mill milk dam ham and ban can fan blend fin dog fold hold folk doll oil old mob nod pan pen pin pink pond pig pill pal raft rag ram ramp rant rap red rid rod romp sad self sell silk sin sink stop slop tact tag tank tend tell till stop spot.

1. **Напиши заглавную букву.**

а – \_\_\_\_ b – \_\_\_\_ c – \_\_\_\_ d – \_\_\_\_ e – \_\_\_\_\_ f – \_\_\_\_ g – \_\_\_\_ h – \_\_\_\_ i – \_\_\_\_

 j – \_\_\_\_ k – \_\_\_\_ l – \_\_\_\_ m – \_\_\_\_ n – \_\_\_\_ o – \_\_\_\_ p – \_\_\_\_ q – \_\_\_\_ r – \_\_\_\_ s – \_\_\_\_

 t – \_\_\_\_ u – \_\_\_\_ v – \_\_\_\_ w – \_\_\_\_

1. **Напиши маленькую букву**.

А – \_\_\_ B – \_\_\_\_ C – \_\_\_\_ D – \_\_\_\_\_ E – \_\_\_\_ F – \_\_\_\_\_ G – \_\_\_\_ H – \_\_\_\_ I – \_\_\_\_

 J – \_\_\_\_ K – \_\_\_\_ L – \_\_\_\_ M – \_\_\_\_ N – \_\_\_\_ O – \_\_\_\_ P – \_\_\_\_ Q – \_\_\_\_ R – \_\_\_\_ S – \_\_\_\_ T – \_\_\_\_ U – \_\_\_\_ V – \_\_\_\_ W – \_\_\_\_

**Открытый тип слога**

**Aa**

1. **Прочитай.**

Kate bake cake date fate gate Jane Jake late lake mate Make mane made plate same tame pale take name male state lame rave base cape case fade taste wade wake waste wave save sale.

1. **Прочитай. Подчеркни букву Aa.**

Man – mane gap – gape hat – hate Sam – same Bab – babe bat – bate mad – made pan– pane plan – plane.

**Ii**

**15. Прочитай.** Bit – bite hid – hide dim – dime fin – fine pin – pine rid – ride sit – Site Tim – time mill – mile

 quit – quite slim – slime.

1. **Прочитай.**

A big pig, a big pink pig, a little pig, a little pink pig, ride a bike, nine bikes, six pigs, a sister, a little sister, his pig, his bike, five ships, five cats.

**Yy**

Запомни, как читается буква Yy в конце слова в безударной позиции. Billy Willy Kitty family lady baby happy Abby.

1. **Прочитай.**

My bye type fry dry sky Billy fly baby happy family Billy Willy Kitty lady.

**Oo**

1. **Подчеркни слова, в которых Oo стоит в открытом слоге под ударением.**

Not no hot home lot note so lost note stop mole.

**19. Прочитай.** Go no so home bone hello lone dome froze globe bone mole mode broke close drove lobe mote note pole slope stone tone quote rose rote sole.

**Ee**

**20. Прочитай слова с буквой Ee.**

Ted he respect test wet be text met tell tent we west help well best me send pet bed went pen get she neck let’s bent beg.

**21. Прочитай. Подчеркни буквосочетания ee, ea.**

Fleet freeze tea sea tree been meet team meet bee free green street peak beak see beef steal leapfrog read.

**Uu**

**22. Прочитай.**

Tune sun student fun tube run flute pupil duck fuse cut Funny hut mud bus use us nut puppy jump cup uncle.

**23. Прочитай.**

 I am a student. I am a boy. I am from Russia. I have got a sister. We like toplay computer games. I have got a kitten but I have not got a puppy. My kitten is funny. My kitten is black. He likes to run and to jump.

**УРОК 2. «О СЕБЕ». ПОРЯДОК СЛОВ В АНГЛИЙСКОМ ПРЕДЛОЖЕНИИ. НАСТОЯЩЕЕ ПРОСТОЕ ВРЕМЯ (PRESENT SIMPLE)**

**Глоссарий:**

to introduce myself – представиться

coast – побережье

namely – а именно

communicable – общительный f

riendly – дружелюбная

a surgeon – хирург

to describe – описать

appearance – внешность

slim – стройный fair – светлый

spare time – свободное время

to chat – общаться

exact sciences – точные науки

qualified – квалифицированный

 Hello! Let me introduce myself. My name is Ann. My surname is Sokolova. I was born on the 8th of July in Sochi. This is the most beautiful place on the Earth. It is situated on the coast of the Black Sea. I am 17 years old. I am a first-year student at the medical college. In 3 years I’ll be a nurse.

 Now I want to describe my appearance. I am tall and slim. I have fair hair and green eyes. I am communicable and friendly. I have many friends. My hobby is music. I like classical and pop music. I have many CD discs in my collection. Also I go in for swimming. I like dancing very much.

 In my spare time I prefer playing computer games and chatting on-line with my friends. When the weather is fine I like walking in the park with my friends. We often visit museums, art galleries and theatres. I like art very much. I read a lot of books on art and science. I like exact sciences, especially chemistry and physics. I often watch Discovery and Science channels on TV. Now I am a student. I want to learn hard to become qualified specialist.

**Ответьте на вопросы.**

1. Where and when Ann was born?

2. What is Ann’s occupation?

3. How old is Ann?

4. What is her appearance like?

5. What is her character like?

6. What is her hobby?

7. What does she like doing in spare time?

8. What places does she visit?

9. What other preferences (предпочтения) does she have?

10. Why does she want to learn hard?

**Переведите словосочетания с русского на английский язык.** Позвольте представиться, родилась, самое красивое место на Земле, расположено на побережье, студент первого курса, через 3 года, описать свою внешность, общительная и дружелюбная, заниматься плаванием, в мое свободное время, общаться в интернете, книги об искусстве и науке, точные науки, усердно учиться, квалифицированный специалист.

**Расскажите о себе, используя следующие фразы.**

1. Let me … .

2. My name is … . My surname is … .

3. I was born on the … in … .

4. I am … (age).

5. I am a … (occupation).

6. My hobby is … .

7. In my spare time I … .

8. I like to visit … .

9. I like to read … .

10. My favourite subject(s) is (are) … .

11. I often watch … on TV.

12. When I graduate from the college (institute) … . I will be … .

**ПОРЯДОК СЛОВ В АНГЛИЙСКОМ ПРЕДЛОЖЕНИИ. НАСТОЯЩЕЕ ПРОСТОЕ ВРЕМЯ (Present Simple)**

**УПРАЖНЕНИЯ**

**1. Составьте предложения из следующих словосочетаний:**

1. The 8th in Sochi I on was born July of.

2. My collection CD discs I many in have.

3. I on TV often Discovery and Science watch channels.

4. Read art and science a lot of I books on.

**2. Поставьте глаголы в следующих предложениях в утвердительную, вопросительную и отрицательную формы Present Simple.**

1. I (to do) morning exercises.

2. He (to work) at a factory.

3. She (to sleep) after dinner.

4. We (to work) part-time.

5. They (to drink) tea every day.

6. Mike (to be) a student.

7. Helen (to have) a car.

8. You (to be) a good friend.

9. You (to be) good friends.

10. It (to be) difficult to remember everything.

**3. Раскройте скобки, употребляя глаголы в Present Simple.**

1. Alice (to have) a sister.

2. Ann (to be) a student.

3. She (to get) up at seven o’clock.

4. She (to go) to the institute in the morning.

5. She (to do) her morning exercises every day.

6. For breakfast she (to have) two eggs, a sandwich and a cup of tea.

7. After breakfast she (to go) to the institute.

8. Sometimes she (to take) a bus.

9. She (to speak) English well.

10. She (to go) to bed at 11 p.m.

**4. Раскройте скобки, употребляя глаголы в Present Simple.**

1. My working day (to begin) at six o’clock.

2. I (to get) up, (to switch) on the TV and (to brush) my teeth.

3. It (to take) me about twenty minutes.

4. I (to have) breakfast at seven o’clock.

5. I (to leave) home at half past seven.

6. I (to take) a bus to the institute.

7. It usually (to take) me about fifteen minutes to get there.

8. Classes (to begin) at eight.

9. We usually (to have) four classes a day.

10. I (to have) lunch at about 2 o’clock.

**УРОК 3. «МОЯ СЕМЬЯ». АРТИКЛЬ. ПРОСТОЕ ПРОШЕДШЕЕ ВРЕМЯ (PAST SIMPLE).**

**Глоссарий:** mother (mum, mom, mummy), father (dad, daddy), husband, wife, aunt, uncle, cousin, grandfather (granddad), grandmother (granny, grandma), grandson, granddaughter, niece, nephew, twins, daughter-in-law, son-in-law, sister-in-law, brother-in-law, mother-in-law, father-in-law, family, man, widow, widower, orphan, relative, stepmother, stepfather, foster mother, foster father Godfather, Godmother.

1. **Прочитайте и переведите текст.**

Hello! My name is Nick. My surname is Brown. I want to tell you about my family. It is neither big nor small. We are five in the family: mother, father, my younger sister, granny and me. We live in a big two-storied house. My mother’s name is Ann. She is a manager of the firm. She is tall and slim with big blue eyes and long fair hair. She is a loving mother and a careful wife. My father Steve is an engineer at the metalworking plant. He is a highly qualified specialist. He is tall but a bit plump with dark hair and green eyes. He is a man of habit. He used to watching Discovery channel in the evenings and drinking his cup of tea. Also he prefers football matches. My younger sister’s Jane is five years old. She is a pretty little girl with curly fair hair and blue eyes. She is studying at the junior school and she is fond of it. My granny Sophie is neither young nor old. She is 63 but she is still working as a nurse in the hospital. She prefers watching soap operas in the evenings. She takes care about us, her grandchildren.I have other relatives too: aunt, uncle and two cousins. They live far away from our city, so we see each other rarely. On holidays we have get-togethers with all our relatives. They always come to us with the whole family. I think our family is a friendly one.

**2. Расскажите о своей семье, ответив на вопросы.**

1. What is your name and surname?

2. Is your family big or small?

3. Who and what is your mother?

4. What is her appearance like?

5. What does she do in her spare time?

6. Who and what is your father?

7. Describe his appearance and habits.

8. Have you got any sisters or brothers?

9. Do you live with your grandparents?

10. What other relatives do you have?

**АРТИКЛЬ**

1. Выберите правильный вариант.

I. …Smiths have a dog and a cat.

 a) … b) The c) A

2. He knows how to work on … computer.

a) a b) an c) …

3. I don’t like milk in … tea.

a) … b) the с) а

4. Could you give me … information I asked for in my letter?

a) the b) … c) a

5. I spent … very interesting holiday in England.

a) the b) a c) …

**2. Вставьте артикли, где необходимо.**

1. “Is this your ... friend?” — “No, it isn’t my ... friend, it is my sister”.

2. I have ... sister. My ... sister is ... teacher. My sister’s ... husband is ... pilot.

3. I have no ... car.

4. They have ... dog and two ... cats.

5. My ... cousin says he is going to be ... manager one ... day.

6. This is ... tree. ... tree is green.

7. I have ... car. ... car is white. My ... friend has no ... car.

**ПРОСТОЕ ПРОШЕДШЕЕ ВРЕМЯ (Past Simple)**

**1. Раскройте скобки, употребляя глаголы в Present или Past Simple.**

1. His sister (to study) English every day.

2. She (to study) English two years ago.

3. You (to come) home at six o’clock yesterday? — No, I ... . Yesterday I (to come) home from school at half past eight. I (to be) very tired. I (to have) dinner with my family.

4. I (to go) to bed at ten o’clock every day.

5. I (to go) to bed at ten o’clock yesterday.

**2. Употребите глагол в Past Simple.**

1. I ... (go) to the museum last year.

2. We ... (see) Mary last month.

3. My mum ... (have) a cake.

4. My dad ...(say) «Hello».

5. Misha ... (be) in the park yesterday.

6. They ... (fly) to London a month ago.

**УРОК 4. «МОЙ КОЛЛЕДЖ». ПРОСТОЕ БУДУЩЕЕ ВРЕМЯ (FUTURE SIMPLE)**

1. **Прочитайте и переведите текст:**

**Our College**

My name is Sveta Popova. I’m 17. I’m a student of the medical college. Our college is one of the oldest educational establishments of the region with its own traditions. Its graduates are considered to be the most highly trained specialists in the region. There are 7 departments in our college. I would like to tell you about them.

“Nursing Affair” gives qualification of a nurse of general practice. A medical nurse is a chief assistant of a doctor. She provides uninterrupted medical help including preventive and rehabilitation measures. Our graduates work in the polyclinics, hospitals, kindergartens, schools and houses for aged people.

If you want to become a doctor assistant you should study at the “Curative Affair” department. A doctor assistant of general practice is a highly-trained specialist who works independently in the polyclinics, emergency ambulances and hospitals. His main task includes prescription and performance of preventive, curative and diagnostic measures. The graduates of this department are waited for at the stations of emergency medical help, in the country-side hospitals and in the military hospitals.

“Obstetrician Affair” is another interesting department. It offers qualification of an obstetrician. An obstetrician provides preventive and curative medical help to the pregnant women ant patients with gynecological diseases.

Boys and girls whose future profession is dentist study at the “Stomatology” department. A dentist is a highly-trained specialist who works independently or under the guidance of a senior doctor who provides preventive and curative medical help for the population.

“Medical-Prophylactic Affair” gives qualification of a sanitary doctor assistant who prevents appearance and spreading of infections and other kinds of the diseases. He controls the influence of the conditions of work and life on a person’s health and takes some measures to prevent this harmful influence of the surroundings. They work in the centers of state sanitary inspectors and laboratories of different branches.

A dental mechanic is a future specialist who studies at the “Orthopedic Stomatology” and learns to make artificial teeth and crowns, plastic and porcelain teeth. On graduating from the college they usually work in the dental mechanical laboratories.

As for me I am a student of the “Pharmacy” department. My future profession is pharmaceutist. I’ll provide the population with different medicines. My work will demand the knowledge of preventive rules, the rules of herb’s preparation and so on. The graduates of our department will be able to work in the chemist’s, pharmacological enterprises, laboratories. I like to study at our college very much.

**2. Ответьте на вопросы:**

1. Where does Sveta Popova study? 2. How many depart ments are there in the college? 3. What kind of qualification does the “Nursing affair” department give? 4. Who can work at the station of emergency medical help? 5. What does an obstertrician provide to the pregnant women and patients with gynaecological diseases? 6. Where do the sanitary doc tor assistants work? 7. What is Sveta’s future profession?

**3. Подготовьте устную тему “Departments and specialties of medical college”.**

**ПРОСТОЕ БУДУЩЕЕ ВРЕМЯ (Future Simple)**

**1. Раскройте скобки, употребляя глаголы в форме Future Simple.**

1. I (to be) very busy at the beginning of June. We (to have) our exams.

2. This day (to come) sooner or later.

3. Who (to join) me? Perhaps I (to drive) to town this weekend.

4. You (to help) me or not?

5. He (to come) to see me in a year’s time.

6. How long you (to be) away? I (to miss) you.

7. She (to have) dinner in ten minutes.

8. I think I (to get up) earlier tomorrow morning.

9. Alex (to help) her to pass her exam, I’m sure.

10. They (to write) a test tomorrow at their English lesson.

**2. Раскройте скобки, употребив глагол в Present Simple, Past Simple или Future Simple.**

1. We … (go) roller-skating last Saturday.

2. Our granny … (bake) meat-pies every weekend.

3. We … (write) an essay tomorrow.

4. I really … (enjoy) the opera yesterday.

5. Where your husband … (work) five years ago?

6. British people … (prefer) tea to coffee.

7. Tom, you … (meet) me at the railway station next Sunday?

8. Where she usually … (celebrate) her birthdays?

9. … you (have) a big family?

10. Newton … (invent) the telescope in 1668.

11. When … thisaccident (happen)?

12. I always … (send) Christmas cards to my grandparents.

13. Nina and Nick … (get married) in two weeks.

14. How many books they … (bring) tomorrow?

15. Stanley … (have) two sons and a daughter.

**3. Раскройте скобки, употребляя глаголы в Present, Past или Future Simple.**

1. I (to go) to bed at ten o’clock every day.

2. I (to go) to bed at ten o’clock yesterday.

3. I (to go) to bed at ten o’clock tomorrow.

4. I (not to go) to the cinema every day.

5. I (not to go) to the cinema yesterday.

6. I (not to go) to the cinema tomorrow.

7. You (to watch) TV every day?

8. You (to watch) TV yesterday?

9. You (to watch) TV tomorrow?

10. When you (to leave) home for school every day?

11. When you (to leave) home for school yesterday?

12. When you (to leave) home for school tomorrow?

13. My brother (to go) to work every day. He (to leave) home at a quarter past eight. As the office he (to work) at (to be) near our house, he (to walk) there. He (not to take) a bus. Yesterday he (riot to go) to work. Yesterday he (to get) up at nine o’clock.

14. You (to have) a PT lesson yesterday? — No, I... .

15. What you (to buy) at the shop yesterday? — I (to buy) a book.

16. Yesterday my father (not to read) newspapers because he (to be) very busy. He (to read) newspapers tomorrow.

**4. Поставьте глагол to be в одну из форм Simple.**

1. … your girlfriend Italian?

2. I … afraid of spiders.

3. There … a lot of tourists in our café yesterday.

4. Peter … in Africa next winter.

5. We … never late for our Drawing classes.

6. I … 70 years old in 2050.

7. She … my neighbour last year.

8. It … usually very hot in Egypt.

9. I … born in September. 10. My parents … doctors.

**УРОК 5 .ФЛОРЕНС НАЙТИНГЕЙЛ — ОСНОВАТЕЛЬНИЦА ПРОФЕССИИ МЕДСЕСТРЫ.**

1. **Прочитайте и переведите текст.**

Before the 1850s nursing in England was classed with the lowest kind of work. Women who worked in public hospitals were regarded as rough, ignorant and dirty. Florence Nightingale was brought up in a wealthy family. In those days girls like her were expected to marry well and produce children.

 Florence’s parents were horrified when she told them that she wanted to become a professional nurse and she went abroad. She spent three months in Germany and a short time in Paris observing their methods. To gather information about hospital administration she devoted a lot of time writing to institutions in various European countries. In 1853 she took over the administration of a women’s hospital in London and reorganized it with great success. The following year England went to war with Russia. Florence Nightingale was asked to help and in the autumn of 1854 she sailed for the Crimea with a party of 38 other nurses. The hospital was a crumbling old building. Many were lying on the bloodstained floors because there were not enough beds. There was a shortage of everything including bandages, medicine, blankets, even soap and the wards were rat-infested-there was filth everywhere. Together with her team she set to work. Her nurses scrubbed the wards, corridors and lavatories. She reorganized the kitchens and set up a laundry. For months she worked up to twenty hours a day, ending each day by visiting the wounded soldiers, carrying a lamp in her hand. Queen Victoria offered her a reward for the work she had done. Instead Florence Nightingale asked people to give money to set up schools to train nurses. The money poured in. In 1860 a nursing school was opened in London and similar training schools were soon set up in other places. The student nurses were carefully chosen. They had to be literate, honest, hard working and willing to live under strict discipline. Even their personal diaries were regularly inspected to see how they were behaving themselves. Florence Nightingale opened up a whole new field of work for women. By 1900 Britain had 64,000 skilled nurses, ensuring that their hospitals were efficient and hygienic. Florence Nightingale lived to the age of 90 and died in 1910.

До 1850-х годов уход за больными в Англии считался самым низким видом работы. Женщины, работавшие в государственных больницах, считались грубыми, невежественными и грязными. Флоренс Найтингейл выросла в богатой семье. В те дни от таких девушек, как она, ожидалось, что они удачно выйдут замуж и произведут на свет детей.

Родители Флоренс пришли в ужас, когда она сказала им, что хочет стать профессиональной медсестрой и уехала за границу. Она провела три месяца в Германии и короткое время в Париже, наблюдая за их методами. Чтобы собрать информацию об управлении больницей, она посвятила много времени написанию писем в учреждения различных европейских стран. В 1853 году она взяла на себя управление женской больницей в Лондоне и реорганизовала ее с большим успехом. В следующем году Англия вступила в войну с Россией. Флоренс Найтингейл попросили помочь, и осенью 1854 года она отплыла в Крым с группой из 38 других медсестер. Больница представляла собой старое, полуразрушенное здание. Многие лежали на окровавленных полах, потому что не хватало

кроватей. Не хватало всего: бинтов, лекарств, одеял, даже мыла, а Палаты кишели крысами-везде была грязь. Вместе со своей командой она принялась за работу. Ее медсестры мыли палаты, коридоры и туалеты. Она перестроила кухню и устроила прачечную. В течение нескольких месяцев она работала по двадцать часов в день, каждый день навещая раненых солдат с лампой в руке. Королева Виктория предложила ей награду за проделанную работу. Вместо этого Флоренс Найтингейл попросила людей дать деньги на создание школ для подготовки медсестер. Деньги хлынули рекой. В 1860 году в Лондоне была открыта школа медсестер, а вскоре подобные учебные заведения были открыты и в других местах. Студенты-медсестры были тщательно отобраны. Они должны были быть грамотными, честными, трудолюбивыми и готовыми жить в условиях строгой дисциплины. Даже их личные дневники регулярно проверялись, чтобы увидеть, как они себя ведут. Флоренс Найтингейл открыла для женщин совершенно новую сферу деятельности. К 1900 году в Британии насчитывалось 64 000 квалифицированных медсестер, что обеспечивало эффективность и гигиеничность больниц. Флоренс Найтингейл дожила до 90 лет и умерла в 1910 году.

**2. Выберите правильный ответ.**

*1) Florence nightingale was:*

a) an English nurse; b) a Russian nurse; c) a French nurse; d) a Turkish nurse.

*2) Florence was born in:*

 a) autumn; b) winter; c) spring; d) summer.

*3) Florence was called:*

a) the lady with the clock; c) the lady with the flowers;

b) the lady with the lamp; d) the lady with the chair.

*4) She studied the method of:*

a) jumping; b) nursing; c) teaching children; d) swimming.

*5) She worked in:*

a) hospitals; b) shops; c) schools; d) offices.

*6) in 1854 she worked in the hospital in London in:*

a) Oxford Street; b) Fleet Street; c) Westminster; d) Harley Street.

*7) in 1854 Florence went to the Crimean War together with:*

a) 10; b) 100; c) 50; d) 38 nurses to help soldiers get better.

*8) in 1860 she opened a school for nurses at St. Thomas’ hospital in:*

a) Paris; b) London; c) Moscow; d) St. Petersburg.

*9) Florence got the King’s red Crist in:*

a) 1883; b) 1903; c) 1803; d) 2013.

*10) She was in Britain:*

a) the first; c) the third; b) the second; d) the fourth woman to be awarded the Order of Merit in 1907.

*11) She died in:*

a) 1920; b) 1910; c) 1935; d) 1905 at the age of 90.

**УРОК 6. ЧАСТИ ТЕЛА. НАСТОЯЩЕЕ СОВЕРШЕННОЕ ВРЕМЯ (PRESENT PERFECT)**

**Глоссарий:**

the head – голова

the trunk – туловище

the limbs (extremities) – конечности

the skull – череп

the brain – мозг

the forehead – лоб

the cheeks – щёки

the chin – подбородок

the external ear – наружное ухо

the middle ear – среднее ухо

the internal ear – внутреннее ухо

the mouth – рот

gums – дёсна

a tongue – язык

a palate – нёбо

the neck – шея

the chest – грудь

the abdomen – живот

bones – кости

injury – травма

the hand – кисть руки

muscles – мышцы

the upper arm – верхняя часть руки

the forearm – предплечье

the elbow – локоть

the wrist – запястье

a thumb – большой палец руки

hip (the thigh) – бедро

the knee – колено

the calf – голень

the ankle – лодыжка

the skin – кожа

toe – палец ноги

**1. Прочитайте и переведите текст.**

The principal parts of the human body are the head, the trunk, and the limbs (extremities). The upper extremities are arms, the lower extremities are legs. The head consists of two parts: the skull which contains the brain, and the face which consists of the forehead, the eyes, the nose, the mouth with the lips, the cheeks, the ears, and the chin. The ear includes three principal parts: the external ear, the middle ear, and the internal ear. The mouth has two lips: an upper lip and a lower lip. In the mouth there are gums with teeth, a tongue and a palate. The head is connected with the trunk by the neck. The upper part of the trunk is the chest and the lower part is the abdomen. The framework of bones called the skeleton supports the soft parts and protects the organs from injury. The bones are covered with muscles. The upper extremity is connected with the chest by the shoulder. Each arm consists of the upper arm, the forearm, the elbow, the wrist, and the hand. We have five fingers on each hand: a thumb, an index finger, a middle finger, a ring finger, and a little finger. The lower extremity (the leg) consists of the hip (the thigh), the knee, the calf, the ankle, and the foot. The fingers of feet are called toes. The body is covered with the skin.

1. **Заполните пропуски словами из текста.**

1. The upper … are arms, the lower … are legs.

2. In the mouth there are … with teeth, a tongue and a … .

3. The upper part of the trunk is the … and the lower part is the … .

4. We have five fingers on each hand ….

5. The body is covered with the … .

**3. Ответьте на вопросы по содержанию текста.**

1. What are the principal parts of the human body?

2. What parts does the head consist of?

3. What parts does the ear include?

4. What are the upper part and the lower part of the trunk?

5. What do you know about the upper extremity?

6. What does the lower extremity consist of?

7. What is the body covered with?

**4. Подготовьте устную тему “Parts of human body”.**

**НАСТОЯЩЕЕ СОВЕРШЕННОЕ ВРЕМЯ (Present Perfect)**

**УПРАЖНЕНИЯ**

**1. Заполните письмо Джейн глаголами в Present Perfect.**

Dear Amy,

I \_\_\_\_\_ (not have) a letter from you for a long time. \_\_\_\_\_ (you lose) my address? I bought the new Steps CD at the weekend. I \_\_\_\_\_ (already listen) to it. \_\_\_\_\_ (you hear) it yet? It’s brilliant. There’s a new video too, but I \_\_\_\_\_ (not see) it yet. School is going OK. I \_\_\_\_\_ (just finish) some exams, but the holidays \_\_\_\_\_ (not start) yet. We’re going to Ireland. I \_\_\_\_\_ (never be) there. Write soon with your news.

Love Jane

**2. Раскройте скобки, употребляя глаголы в Past Simple или Present Perfect.**

1. I \_\_\_\_\_\_\_\_ (never/ be) to the USA. I \_\_\_\_\_\_ (want) to go there last summer but I couldn’t.

2. He \_\_\_\_\_\_\_ (live) in this street all his life.

3. His father \_\_\_\_\_\_\_\_ (come back) to London last Sunday.

4. Yan \_\_\_\_\_\_\_\_\_\_ (write) a letter to Nick two days ago.

5. He \_\_\_\_\_\_\_\_ (send) his letter yesterday.

6. They \_\_\_\_\_\_\_\_ (just/ buy) some postcards.

**УРОК 7. ПРАВИЛА ГИГИЕНЫ И УХОД ЗА ТЕЛОМ**

**PERSONAL HYGIENE**

**Глоссарий:**

external – внешний

to avoid – избегать

basic – основной

alkalis – щелочь

to rinse – промывать, ополаскивать

comb – гребешок, расческа

essential – существенный

germicidal – бактерицидный

bath sponge – губка для ванны

irritation – раздражение

thoroughly – тщательно

continuously – постоянно

keratin – кератин

to split – раскалываться, ломаться

manicure kit – маникюрный набор

crudely – грубо

**1. Прочитайте и переведите текст, используя Глоссарий:**

Personal hygiene is the first step to good health. Elementary cleanliness is common knowledge. Every external part of the body demands a basic amount of attention on a regular basis.

*Hygiene of hair*. Wash your hair at least once a week using soap or mild shampoo. Avoid shampoos with alkalis. Rinse well. Dry your hair after a wash. Brush your hair three to four times a day with a soft brush or a wide comb. Wash your brush and comb every time you wash your hair. Oil the scalp, once a week, preferably an hour before hair wash.

*Hygiene of skin.* In Victorian England, modest young women were taught to wash themselves without getting quite naked. Soap and water are essential for keeping the skin clean. A good bath once or twice a day is recommended, especially in tropical countries like India. A mild soap will do the job adequately. Germicidal or antiseptic soaps are not essential for the daily bath. You can use a bath sponge for scrubbing. The genitals and the anus need to be cleaned well because of the natural secretions of these areas, in unhygienic conditions, can cause irritation and infection. Wash off well after soaping. Drying with a clean towel is important. Avoid sharing soaps and towels. Change into clean underwear after bath.

*Hygiene of hands.* Wash hands thoroughly with soap and water before and after every meal and after visiting the toilet. Soaping and rinsing should cover the areas between fingers, nails and back of the hand. Hands should be dried with a clean towel after wash. The towel at the wash stand has to be washed and changed everyday. If you need to use a handkerchief or tissue, wash your hands after that. Keep your nails short.

*Hygiene of nails.* Do not keep your nails painted continuously. It causes the keratin, of which nails are made, to split. Pamper your hands and nails once every three weeks with a manicure. This requires soaking your hands in warm water for ten minutes, massaging of hands, thorough cleaning and shaping of nails. Choose your manicure kit with care. In some kits, the instruments are crudely made and they will do more harm than good.

**2. Раскройте скобки, вставляя подходящее по смыслу слово.**

1. Wash your hair at least once a (day, week) using soap or mild shampoo.

2. Brush your hair three to four times a day with a (rude, soft) brush.

3. Oil the scalp, once a week, preferably an hour (before, after) hair wash.

4. Germicidal or antiseptic soaps (are, are not) essential for the daily bath.

5. The towel at the wash stand has to be washed and changed (once a week, everyday).

6. (Keep, do not keep) your nails painted continuously.

**3. Дополните предложения информацией из текста.**

1. Personal hygiene is the first step … .

2. Avoid shampoos … .

3. Oil the scalp … .

4. Soap and water are … .

5. You can use … .

6. Avoid sharing … .

7. Wash hands thoroughly … .

8. Hands should be dried with … .

9. Pamper your hands and nails … .

10. Choose your manicure kit … .

**4. Переведите следующие предложения на английский язык.**

1. Мойте волосы как минимум раз в неделю.

2. Высушивайте волосы после мытья.

3. Смазывайте маслом кожу головы перед мытьем.

4. Не пользуйтесь с другими людьми одним мылом и полотенцем.

5. Тщательно мойте руки с мылом и водой.

6. Выбирайте маникюрный набор с особой осторожностью.

**5. Составьте рассказ на тему «Моя личная гигиена».**

**УРОК 8. ВНУТРЕННИЕ ОРГАНЫ ЧЕЛОВЕКА. (INTERNAL ORGANS)**

**Глоссарий:**

bladder – мочевой пузырь

brain – мозг

esophagus – пищевод

gallbladder – желчный пузырь

heart – сердце

intestines – кишечник

kidneys – почки

liver – печень

lungs – лёгкие

ovaries – яичники

pancreas – поджелудочная железа

spleen – селезенка

stomach – желудок

thyroid gland – щитовидная железа

uterus – матка

alimentary – пищеварительный

cecum – слепая кишка

junction – соединение urine – моча

pelvic floor – диафрагма таза

pharynx – глотка

gestational period – гестационный период (период беременности)

digestion – пищеварение

concave portion – вогнутая часть

fossa – впадина

to pump – качать

blood vessels – кровеносные сосуды

rhythmic contractions- ритмичные сокращения

urinary system – мочеполовая система

electrolytes – электролиты

acid-base balance – кислотный баланс

detoxification – детоксикация

1. **Прочитайте и переведите текст. Выучите названия внутренних органов.**

Human body is known as organism. Human body consists of various organ systems. Each organ system performs a particular task.

*Appendix*. It is a blind-ended tube that is connected to the cecum. The appendix is located near the junction of the small and large intestines.

*Bladder.* In this organ, the urine that is filtered from the kidneys is collected before being disposed off by urination. The bladder is a muscular organ that is elastic in nature. It is located on the pelvic floor.

*Brain.* It is the most important organ of the human body, and it controls all the other parts. It is the center of the nervous system, and is the most complex of all internal organs. The brain controls our sense of vision, hearing, taste, smell, balance, and feeling.

*Esophagus*. It is a long muscular tube that passes from the pharynx into the stomach. This organ connects the mouth to the stomach, and is about 25 to 30 cm long.

*Gallbladder*. It is one of the smallest internal organs of the human body. It helps in the process of digestion. It is located in the concave portion of liver that is called the gallbladder fossa. The length of this portion is about 8 cm in adults.

*Heart* After the brain, the heart is the second most important internal organ in humans. It is a muscular organ whose main function is to pump oxygenated blood throughout the body through blood vessels. This action is carried out by repeated and rhythmic contractions. On an average, the human heart beats about 72 times per minute, and weighs 250 to 300 gm in females, and 300 to 350 gm in males. *Intestines.* They are a segment of the alimentary canal, and they extend from the stomach to the anus. They are divided into: small intestine and the large intestine. *Kidneys*. They serve as the most important part of the urinary system. Their function is regulation of electrolytes, maintenance of acid-base balance, regulation of blood pressure, production of urine, etc.

*Liver.* It is one of the most vital internal organs of the human body. The liver is an absolute necessity for survival. It carries out several functions including detoxification of blood, production of biochemicals for digestion, and protein synthesis.

*Lungs.* These organs are responsible for respiration. In humans, a pair of lungs is located in the chest on either side of the heart. Their function is to transport atmospheric oxygen into bloodstream, and release carbon dioxide from blood into the atmosphere.

*Ovaries.* They are ovum-producing reproductive organs that are present in pairs in females. They are located in the lateral wall of the pelvis.

*Pancreas* They belong to both the endocrine and digestive systems. These organs produce important hormones like insulin, glucagon, and somatostatin. They also produce pancreatic juice that contains digestive enzymes. If the pancreas do not function normally, it may lead to diabetes mellitus.

*Spleen.* The organ is very important with respect to the immune system. It is located in the left upper quadrant of the abdomen. Its function is to remove old red blood cells and also to recycle iron. The spleen in an adult human body is about 11 cm in length.

*Stomach.* The muscular, hollow bag in the alimentary canal is called the stomach. It is the primary organ of the digestive system that is involved in the second phase of food digestion. The location of this organ is between the esophagus and small intestine.

*Thyroid gland*. The largest endocrine gland of the human body is the thyroid gland, which is located in the neck. It helps to control the use of energy in the body. *Uterus.* It is the most important part of the female reproductive system. This organ is internally connected to the fallopian tubes on each side, and opens into the vagina at one end. In this organ the fetus develops during gestational period.

**2. По описанию назовите внутренний орган и запишите на английском языке.**

1) It is located in the left upper quadrant of the abdomen. Its function is to remove old red blood cells and also to recycle iron.

2) In this organ the fetus develops during gestational period.

3) These organs produce important hormones like insulin, glucagon, and somatostatin.

4) These organs are responsible for respiration.

5) It is a muscular organ whose main function is to pump oxygenated blood throughout the body through blood vessels.

6) It helps to control the use of energy in the body.

7) In this organ, the urine that is filtered from the kidneys is collected before being disposed off by urination.

8) This organ connects the mouth to the stomach.

9) It is the primary organ of the digestive system that is involved in the second phase of food digestion.

10) Their function is regulation of electrolytes, maintenance of acid-base balance, regulation of blood pressure, production of urine, etc.

 **4. Дополните предложения пропущенными словами.**

1) … is located near the junction of the small and large intestines.

2) … controls our sense of vision, hearing, taste, smell, balance, and feeling.

3) It is located in the concave portion of liver that is called the … .

4) It carries out several functions including … of blood, production of biochemicals for …, and protein synthesis.

5) It is the primary organ of the digestive system that is involved in the second phase of … .

**УРОК 9. СКЕЛЕТ ЧЕЛОВЕКА. (HUMAN SKELETON)**

**Глоссарий:**

fused – соединенный

supplemented – подкреплённый

ligaments – связки

tendons – сухожилия

cartilage – хрящ

a scaffold – платформа

to anchor – укреплять

femur – бедренная кость

stapes – стремечко

pelvis – таз

cranium – череп

interconnected – взаимосвязаны

ossicles – косточки

articulate – соединять

hyoid bone – подъязычна кость

point of attachment – точка прикрепления

1. **Прочитайте и переведите текст с помощью глоссария.**

The human skeleton consists of both fused and individual bones supported and supplemented by ligaments, tendons, muscles and cartilage. It serves as a scaffold which supports organs, anchors muscles, and protects organs such as the brain, lungs and heart. The biggest bone in the body is the femur and the smallest is the stapes bone in the middle ear. In an adult, the skeleton comprises around 14% of the total body weight, and half of this weight is water. Fused bones include those of the pelvis and the cranium. Not all bones are interconnected directly: There are three bones in each middle ear called the ossicles that articulate only with each other. The hyoid bone, which is located in the neck and serves as the point of attachment for the tongue, does not articulate with any other bones in the body, being supported by muscles and ligaments.

**2. Ответьте на вопросы по содержанию текста.**

1. What does the human skeleton consist of?

2. What are the biggest and the smallest bones in the body?

3. What does the skeleton comprise in an adult?

4. What do fused bones include?

5. What is the name for three bones in middle ear?

6. What is the hyoid bone?

**3. Найдите в тексте английские эквиваленты следующих русских слов и словосочетаний.** Соединенные кости, подкреплены связками, служит платформой, защищает органы, самая большая кость, бедренная кость,

вес тела, взаимосвязаны напрямую, соединены друг с другом, гиоидная кость, служит точкой прикрепления.

**4. Дополните предложения словами из текста.**

1. It serves as a … which supports organs, … muscles, and protects organs such as the brain, lungs and heart.

2. The biggest bone in the body is the … and the smallest is the … bone in the middle ear.

3. Not all bones are … directly.

4. The hyoid bone, which is located in the … and serves as the point of … for the tongue, does not articulate with any other bones in the body, being supported by muscles and … .

**5. Подготовьте устную тему “Human Skeleton”.**

**УРОК 10. СЕРДЦЕ И КРОВЬ. РАБОТА СЕРДЦА. HEART AND BLOOD. WORK OF THE HUMAN HEART.**

**Глоссарий:**

to pump – качать

approximately – приблизительно

to remove the waste products – удалять использованные продукты

cardiac cycle – сердечный цикл

cavity – полость

chambers – камеры

atria – предсердие

ventricle – желудочек

superior vena cava – верхняя полая вена

inferior vena cava – нижняя полая вена

coronary sinus – коронарный синус

right atrioventicular

valve – правый предсердножелудочковый клапан

reoxygenated – перенасыщать кислородом

pulmonary veins – легочные вены

to nourish – питать

blood stream – кровоток

cardiac output – минутный объем сердца

1. **Прочитайте и переведите текст, используя Глоссарий.**

The heart is one of the most important organs in the human body. It pumps blood throughout the body, beating approximately 72 times per minute of our lives. The heart pumps the blood, which carries all the vital materials which help our bodies function and removes the waste products that we do not need. The heart is a muscle. Like any other muscle in the human body, it contracts and expands. Each time the heart contracts it does so with all its force. In skeletal muscles, the principle of "gradation" is present. The pumping of the heart is called the Cardiac Cycle, which occurs about 72 times per minute. This means that each cycle lasts about eight-tenths of a second. During this cycle the entire heart actually rests for about four-tenths of a second.

*Make-up of the Heart*

The walls of the heart are made up of three layers, while the cavity is divided into four parts. There are two upper chambers, called the right and left atria, and two lower chambers, called the right and left ventricles. The Right Atrium, as it is called, receives blood from the upper and lower body through the superior vena cava and the inferior vena cava, and from the heart muscle itself through the coronary sinus. The right atrium is the larger of the two atria, having very thin walls. The right atrium opens into the right ventricle through the right atrioventicular valve. The right ventricle pumps the blood to the lungs to be reoxygenated. The left atrium receives blood from the lungs via the four pulmonary veins. It is smaller than the right atrium, but has thicker walls. The left ventricle pumps the blood throughout the body. It is the Aorta, the largest artery in the body, which originates from the left ventricle.

The Heart works as a pump moving blood around in our bodies to nourish every cell. Blood that has been reoxygenated by the lungs is drawn into the left side of the heart and then pumped into the blood stream. It is the atria that draw the blood from the lungs and body, and the ventricles that pump it to the lungs and body. The output of each ventricle per beat is about 70 ml, or about 2 tablespoons. In a trained athlete this amount is about double. With the average heart rate of 72 beats per minute the heart will pump about 5 litres per ventricle, or about 10 litres total per minute. This is called the cardiac output.

**Глоссарий:**

erythrocytes – эритроциты

leukocytes – лейкоциты

thrombocytes – тромбоциты

blood clotting – свертывание крови

release a protein – выпускать белок

fibrinogen – фибриноген

fibrin – фибрин

strings – струя

to form a clot – сформировать сгусток

nutrition – питание

a vein – вена

via finger prick – путем прокалывания пальца

blood vessels – кровеносные сосуды

needle – игла

a body fluid – жидкость организма

the human body – человеческое тело

tissues – ткани

the removal of wastes – удаление отходов

oxygen – кислород

nutrients – питательные вещества

red (white) blood cells – красные (белые) кровяные тельца

platelets – тромбоциты

hemophiliacs – больные гемофилией

сarbon dioxide – углекислый газ

1. **Прочитайте и переведите текст, используя Глоссарий.**

Blood is a body fluid that transports essential elements in the body. About eight percent of the human body weight is blood. Blood has many functions, the two most important of which, is the transport of things to the tissues and the removal of wastes from the tissues. Blood transports oxygen to all the tissues of the body especially the ones in the brain. Hormones, nutrients like vitamins and minerals, and other body regulating elements are transported through the blood, too. Blood is composed basically of red blood cells, white blood cells, platelets, and plasma. Nutrients, hormones, and waste products like carbon dioxide are also found in the blood. The red blood cells called erythrocytes carry oxygen. The white blood cells or leukocytes are the soldier cells that fight infection. The platelets or thrombocytes are the smallest of the blood cells and are responsible for blood clotting. When a wound bleeds, the platelets release a protein called fibrinogen which becomes fibrin. These turn into strings and weave together to form a clot and prevent more blood from spilling out of the body. In the case of hemophiliacs, whose blood do not have platelets, having a wound can be very fatal. Plasma is basically water and this supplies the fluids in the cells. It is in the plasma where the nutrients, hormones and other elements are carried. Blood composition slightly varies from person to person depending on nutrition, general well-being and the over all health of the organs. Various blood tests reveal how healthy or how sick an individual is.

**3. Подготовьте презентации по темам «Сердце и кровь», «Работа сердца».**

**УРОК 11. ДЫХАЕЛЬНАЯ СИСТЕМА. THE HUMAN RESPIRATORY SYSTEM**

**Глоссарий:**

pharynx – глотка

larynx – гортань

trachea – трахея

bronchi – бронхи

bronchiole – бронхиола

alveoli – альвеола

lungs – легкие

entrance – вход

to humidify – увлажнять

esophagus – пищевод

vocal cords – голосовые связки

diverging – расходящиеся

sac – мешочек, киста

elastic fibers – эластичные волокна

inverted-cone – конусообразный

carbon dioxide – углекислый газ

oxygen – кислород

breathing – дыхание

swallowing – глотание

tubelike – трубкообразный

**1. Прочитайте и переведите текст.**

The respiratory system is divided into two parts: the upper respiratory tract and the lower respiratory tract. The following are the organs of the upper and the lower respiratory tract.

*The Upper respiratory Tract nose.* It is the entrance of the respiratory tract and helps in allowing air to flow in and out. It humidifies, warms, and filters the air that comes in. Pharynx (throat). It is located at the back of the mouth, and connects the mouth to the esophagus (food pipe). It is a passage for air and food. larynx. It is present at the top of trachea and contains vocal cords. It is also known as the voice box. It helps in controlling breathing and swallowing. Trachea (windpipe). It is a tubelike structure that helps in passing air from larynx to bronchi. It also warms the air and prevents foreign bodies from entering lungs.

*The lower respiratory Tract Bronchi.* These are the airways of the lungs diverging from the trachea. They carry air in and out of the lungs. Bronchioles. These are branches of the bronchi that conduct air into the lungs. They perform the same function as the bronchi. Alveoli. These are sacs in the lungs and contain elastic fibers. The exchange of carbon dioxide and oxygen occurs here. lungs. These are the two inverted-cone shaped organs present in the chest of human beings. The function of lungs is to take in oxygen into the body and expel carbon dioxide.

**2. Соотнесите названия с определениями.**

a) is a tubelike structure that helps in passing air from larynx to bronchi.

b) is the entrance of the respiratory tract and helps in allowing air to flow in and out. c) is located at the back of the mouth, and connects the mouth to the esophagus.

d) are the two inverted-cone shaped organs present in the chest of human beings.

e) are branches of the bronchi that conduct air into the lungs.

f) are sacs in the lungs and contain elastic fibers.

g) is present at the top of trachea and contains vocal cords.

h) are the airways of the lungs diverging from the trachea.

1) Bronchi

2) Bronchioles

3) Alveoli

4) Nose

5) Larynx

6) Trachea

7) Pharynx

8) Lungs

**3. Прочитайте и переведите текст о болезнях, вызванных курением.**

**CAUSES OF SOME DISEASES**

*Cigarette smoking.* This is a harmful habit which reduces the expectation of good health and shortens life. Cigarette smokers absorb into the lungs:

1. Nicotine. This is a habit-forming drug with a mild stim ulatory effect. It causes construction of small blood vessels and a rise in blood pressure.

2. Carcinogenic tars. These tars isolated from cigarette smoke have been shown to cause cancer in experimental animals.

3. Carbon monoxide. Cigarette smokers have raised blood levels of carboxyhaemoglobin passes through into the fetal circulation. The following ailments are prone to occur in cigarette smokers: *Cancer of the lung*. Heavy cigarette smokers are 30 times as liable to develop cancer of the lung as non-smokers are. There is overwhelming evidence that lung cancer is caused by cigarette smoking.

1. **Подготовьте мини проекты на тему “Smoking is a dangerous bad habit”.**

**УРОК 12. ПИЩЕВАРИТЕЛЬНЫЙ ТРАКТ. ALIMENTARY TRACT**

**Глоссарий:**

digestive system – пищеварительная система

conversion of food – превращение пищи

mouth – рот

esophagus – пищевод

stomach – желудок

small and large intestines – большой и малый кишечник

salivary glands – слюнные железы

liver – печень

gall bladder – желчный пузырь

pancreas – поджелудочная железа

to secrete – выделять

absorbed – поглощенный

to separate – отделять, разделять

to dispose – размещать

waste products – отходы

to ingest – проглатывать

oral cavity – ротовая полость

tongue – язык

pharynx – глотка

dilated – расширенный

acid – кислота

indigestible – непереносимый

ejection – выброс

expulsion of feces – испражнение фекалий

bile – желчь

emulsification – образование эмульсии

chewing – жевание

rolling and lubrication – раскатывание и смазывание

1. **Прочитайте и переведите текст, используя Глоссарий:**

The digestive system is a group of organs responsible for the conversion of food into nutrients and energy needed by the body. In humans, the digestive system consists of the mouth, esophagus, stomach, and small and large intestines. The digestive tube made up by these organs is known as the alimentary canal. Several glands — salivary glands, liver, gall bladder, and pancreas — also play a part in digestion. These glands secrete digestive juices containing enzymes that break down the food chemically into smaller molecules that are more easily absorbed by the body. The digestive system also separates and disposes of waste products ingested with the food.

**Digestive System Outline**

|  |  |
| --- | --- |
| **Components** | **Necessary Organs****Oral cavity** It is the cavity of mouth, irregular in shape, contains tongue, teeth and salivary glands. **Esophagus** Muscular tube passing the food from pharynx to stomach. **Stomach** Muscular, hollow and dilated part of alimentary canal, involved in both mechanical and chemical digestion of food, secretes strong acid and enzymes to aid in digestion of food. **Small intestine** Lies between stomach and large intestine, majority of digestion and absorption takes place here. About 5 meters in length. **Large intestine** Second-to-last part of alimentary canal, main function is to absorb water from indigestible food.**Anus** Last part of alimentary canal, opens to outside for ejection of food. Controls the expulsion of feces.**Accessory Organs****Liver** Produces bile for emulsification of fats. **Pancreas** Secretes pancreatic juice containing different digestive enzymes into the small intestine. **Teeth** Chewing of food. **Tongue** Rolling and lubrication of food. |
| **Functions** | Digestion and absorption of food |

**2. Определите орган пищеварительной системы по определению**.

a) controls the expulsion of feces.

b) absorbs water from indigestible food.

c) are used for chewing food.

d) passes the food from pharynx to stomach.

e) contains tongue, teeth and salivary glands.

f) secretes pancreatic juice containing different digestive enzymes into the small intestine.

g) produces bile for emulsification of fats.

h) muscular, hollow and dilated part of alimentary canal.

i) majority of digestion and absorption takes place here.

**Глоссарий:**

gastric and duodenal ulcer – язва желудка и двенадцатиперстной кишки constitute – относится

frequent – частотный

subject to – подлежащий

as yet – до сих пор

insufficiently clear – недостаточно ясно

occur – происходит

alimentary tract – пищеварительный тракт

along the lesser curvature of the stomach – по малой кривизне желудка pyloric region – пилорическая часть

remission – ремиссия

a poor diet – плохое питание

are deficient in teeth – недостает зубов

It is easier to recognize – легче распознать vomiting – рвота

dyspeptic symptoms – диспептические симптомы

heartburn – изжога

regurgitation – регургитация (обратный ток пищевой массы)

nausea – тошнота

duodenum – двенадцатиперстная кишка

It is common to see… – обычно наблюдается

1. **Прочитайте и переведите текст, используя Глоссарий:**

Gastric and duodenal ulcers constitute the most frequent diseases subject to surgical treatment. The etiology of this disease is as yet insufficiently clear. Ulcers may occur in any part of the alimentary tract but they are most frequent along the lesser curvature of the stomach in the pyloric region and in the duodenum. It is common to see gastric ulcer in those who eat a poor diet and are deficient in teeth. It is easier to recognize a duodenal ulcer than a gastric ulcer especially by its characteristic remissions. Vomiting is a very frequent symptom of ulcer. The vomit may contain blood. The other dyspeptic symptoms in gastric ulcer include heartburn, regurgitation and nausea.

**2. Ответьте на вопросы по содержанию текста.**

1. What are diseases of digestive system subjected to surgical treatment?

2. What part of the alimentary tract may ulcers occur?

3. Who is subjected to gastric ulcer?

4. What are the symptoms of gastric ulcer?

1. **Translate the word combinations.**

Сonstitute the most frequent diseases, subject to surgical treatment, as yet insufficiently clear, eat a poor diet, to recognize a duodenal ulcer, characteristic remissions, a very frequent symptom, may contain blood, dyspeptic symptoms, heartburn, regurgitation and nausea.

**4. Дополните предложения словами из текста.**

1. The etiology of this disease is as yet … clear.

2. It is common to see gastric ulcer in those who eat … and are … in teeth.

3. It is easier to recognize a duodenal ulcer than a gastric ulcer especially by its characteristic …

4. … is a very frequent symptom of ulcer.

5. The other … symptoms in gastric ulcer include heartburn, … and nausea.

**5. Подготовьте устные темы “Alimentary tract”, “Gastric and duodenal ulcers”.**

**УРОК 13. МОЧЕВЫДЕЛИТЕЛЬНАЯ СИСТЕМА. THE URINARY SYSTEM**

**Глоссарий:**

urinary system – мочевыделительная система

concerned with – участвующий в

excess fluid – избыточная текучая среда

substance – вещество

bloodstream – кровоток

liquid – жидкость

kidneys – почки

bladder – мочевой пузырь

to excrete – выделять

to extract – извлекать

corpuscle – частица, корпускула

ureter – мочеточник

homeostasis – гомеостаз

the acid base balance – кислотный баланс

water salt balance – водносолевой баланс

elimination – изгнание, исключение

nitrogenous wastes – азотсодержащие отходы

ammonia – аммиак

urea – мочевина

uric acid – мочевая кислота

excessive – обильный

osmoregulation – осмотическая регуляция

renal – почечный

to supply – обеспечивать

Inferior Vena Cava – нижняя полая вена

1. **Прочитайте и переведите текст, используя Глоссарий.**

The Urinary System is a group of organs in the body concerned with filtering out excess fluid and other substances from the bloodstream. The substances are filtered out from the body in the form of urine. Urine is a liquid produced by the kidneys, collected in the bladder and excreted through the urethra. Urine is used to extract excess minerals or vitamins as well as blood corpuscles from the body. The Urinary organs include the kidneys, ureters, bladder, and urethra. The Urinary system works with the other systems of the body to help maintain homeostasis. The kidneys are the main organs of homeostasis because they maintain the acid base balance and the water salt balance of the blood.

**Human Urinary System**

 The human urinary system functions in the elimination of urine which contains: 1. Nitrogenous wastes which include ammonia, urea and uric acid.

2. Salt concentrations in body fluids which include Mg, K, and Na.

3. Excessive water in the body in a process called osmoregulation.

**Parts of the Human Urinary System**

The parts of the human urinary system are:

1. Kidneys – for filtering and regulating nitrogenous wastes, salt concentrations and body water.

2. renal arteries – comes from Aorta and are for supplying the kidneys with blood. 3. renal veins – goes into Inferior Vena Cava and are for taking blood away from the kidneys.

4. Urethra tubes – goes into urinary bladder and are for carrying urine away from the kidneys to the urinary bladder.

5. Urinary bladder – is the reservoir for urine.

6. Urethra tube – comes from urinary bladder and exit urine out of human body.

**2. Дополните предложения словами из текстов.**

1. The substances are filtered out from the body in the form of … .

2. Urine is used to … excess minerals or vitamins as well as blood … from the body.

3. The Urinary system works with the other systems of the body to help maintain … .

4. The parts of the human urinary system are:

a) Kidneys; b) … ; c) Renal veins; d) Ureter; e) … ; f) Urethra tube.

**3. Определите название органа мочевыделительной системы по определению.**

1) comes from Aorta and are for supplying the kidneys with blood.

2) comes from urinary bladder and exit urine out of human body.

3) filter and regulate nitrogenous wastes, salt concentrations and body water.

4) goes into Inferior Vena Cava and are for taking blood away from the kidneys. 5) is the reservoir for urine.

6) goes into urinary bladder and are for carrying urine away from the kidneys to the urinary bladder.

**УРОК 14. ПОЛОВАЯ СИСТЕМА. REPRODUCTIVE SYSTEM**

**Глоссарий:**

ovaries – яичники

gametes – половые клетки

fertilized – оплодотворенный

uterus – матка

tissue – ткань

nurture – питание

fetus – зародыш

to expel – исключать

copulation – копуляция (соединение особей при половом акте)

breast – грудь

sweat gland – потовая железа

nutritious secretion – секреция питания

mammals – млекопитающие

mature – зрелый

life expectancy – продолжительность жизни

menarche – менархе (время наступления первой менструации)

androgens – андрогены (половые мужские гормоны)

artificial – искусственый

menopause – менопауза

to cease – прекращаться

lupus – волчанка, туберкулез кожи

cervical cancer – рак матки

**1. Прочитайте и переведите текст, используя Глоссарий.**

In terms of biology, the female sex organs are involved in the reproductive system. The ovaries, in addition to their regulatory function producing hormones, produce female gametes called eggs which, when fertilized by male gametes (sperm), form new genetic individuals. The uterus is an organ with tissue to protect and nurture the developing fetus and muscle to expel it when giving birth. The vagina is used in copulation and birthing. The breast evolved from the sweat gland to produce milk, a nutritious secretion that is the most distinctive characteristic of mammals, along with live birth. In mature women, the breast is generally more prominent than in most other mammals. Women typically have a longer life expectancy than men. This is due to a combination of factors: genetics, sociology, the presence of the female hormone estrogen, which has a cardio protective effect in women; and the effect of high levels of androgens in men. Most women go through menarche and are then able to become pregnant and bear children. This generally requires internal fertilization of her eggs with the sperm of a man through sexual intercourse, though artificial insemination or the surgical implantation of an existing embryo is also possible. Women generally reach menopause in their late 40s or early 50s, at which point their ovaries cease producing estrogen and they can no longer become pregnant. Women suffer from the same illnesses as men. However, there are some diseases that primarily affect women, such as lupus. Also, there are some sex-related illnesses that are found more frequently or exclusively in women, e.g., breast cancer, cervical cancer, or ovarian cancer. Women and men may have different symptoms of an illness and may also respond differently to medical treatment. This area of medical research is studied by gender-based medicine.

**2. Ответьте на вопросы по содержанию текста.**

1. What is the function of ovaries?

2. What is the uterus?

3. What is the function of breast?

4. What are the factors influencing longer life expectancy of women?

5. What is the process of fertilization?

6. What is the age for the menopause?

7. Name the diseases affecting women.

1. **Переведите терминологические словосочетания.**

Reproductive system, ovaries, hormones, female gametes, male gametes, uterus, the developing fetus, vagina, copulation, sweat gland, a nutritious secretion, life expectancy, estrogen, a cardio protective effect, go through menarche, artificial insemination, surgical implantation, to reach menopause, breast cancer, cervical cancer, or ovarian cancer, gender-based medicine.

**4. Вставьте пропущенные слова.**

1. The uterus is an organ with … to protect and … the developing fetus and muscle to expel it when giving birth.

2. The vagina is used in … and birthing.

3. Women typically have a longer … than men.

4. Most women go through … and are then able to become pregnant and bear children.

5. Women generally reach … in their late 40s or early 50s.

**5. Закончите предложения.**

1. The ovaries produce … .

2. The uterus is an organ with tissue … .

3. The vagina is used in … .

4. In mature women, the breast is … .

5. Women generally reach menopause … .

6. There are some diseases … .

**УРОК 15. ИТОГОВОЕ ЗАНЯТИЕ. ПРЕЗЕНТАЦИЯ ПРОЕКТОВ «DISEASES AND NURSING». REVISION LESSON. STUDENTS' PROJECTS**

**Themes for the projects:**

1. First aid

2. Bleeding

3. Fracture

4. Headache

5. Pneumonia

6. Bronchitis

7. Rickets

8. Appendicitis

9. Diphtheria

10. Hepatitis

11. German Measles

12. Mumps

13. Whooping Cough

14. Chickenpox

15. Poliomyelitis

16. Typhoid

17. Tonsillitis

18. Tetanus

**Рекомендации по выполнению проекта**

**Виды проектов**

1. Практико-ориентированный проект нацелен на социальные интересы самих участников проекта.

2. Исследовательский проект по структуре напоминает подлинно научное исследование. Оно включает обоснование актуальности избранной темы, обозначение задач исследования, обязательное выдвижение гипотезы с последующей ее проверкой, обсуждение полученных результатов.

3. Информационный проект направлен на сбор информации о каком-то объекте с целью ее анализа и представления для широкой аудитории.

4. творческий проект предполагает максимально свободный и нетрадиционный подход к оформлению результатов. Это могут быть театрализации, спортивные игры, произведения изобразительного или декоративно-прикладного искусства, видеофильмы и т. п.

5. ролевой проект является наиболее сложным в разработке и реализации. Участвуя в нем, проектанты берут на себя роли литературных или исторических персонажей, выдуманных героев. Результат проекта остается открытым до самого окончания.

**Этапы работы над проектом**

1. Определение проблемы. Разделение на группы или пары.

2. Выдвижение гипотезы (работа в группе): обоснование, определение целей и задач.

3. Выбор методов исследования (работа в группе).

4. Проведения исследования: работа с литературой, источниками интернета, приведение фактов, подбор аргументов, анализ фактов, проведение опроса.

5. Оформление результатов исследования: работа обучающихся в группах по составлению текста презентации, подбор и рисование плакатов, подбор музыкального и видео оформления.

6. Презентация результатов исследования: представление работ.

7. Обобщение выполненной работы: подведение общего итога исследования.

**Памятка по выполнению проектов**

1. Ставим цель (для чего я это делаю? Какого результата я хочу достичь?). Записать ответы.

2. Если это исследование, то затем нужно выдвинуть предположение-гипотезу (какой будет результат и почему?). Записать ответы.

3. Выбираем метод (что нужно сделать, чтобы получить результат?).

4. Собираем данные (ставим эксперименты, собираем необходимую информацию, материал, оформляем его).

5. Получаем результаты.

6. Анализируем результаты (сравниваем полученные результаты с данной гипотезой).

7. Делаем выводы. Защищаем результаты.

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