

Контрольна робота №3 (за семестр 4)
з дисципліни «Практика усного та писемного мовлення»

Варіант 1.

Task 1. *Choose the most suitable word from the list below.*

Anger disorder high among U.S. teens

A new study suggests that a (1) _____ number of American teenagers suffer from a disorder that leads to (2) _____ of uncontrollable rage. Researchers from the Harvard Medical School conducted a survey and interviewed over 10,000 teens aged 13 to 17.

They discovered that eight per cent of them suffered from a (3) _____ disorder called intermittent explosive disorder (IED). The team says that (4) _____ on its results, up to six million youths in the U.S. could be suffering from this illness. IED leads sufferers to suddenly (5) _____ control of even the smallest, non-threatening situations. They can fly into a fit of rage on impulse and become extremely aggressive. Sufferers break or smash things, scream and shout, become violent and can attack others.

The scientists say it is responsible for a lot of (6) _____ violence and problems at school. The study is published in the journal of Archives of General Psychiatry. It is the first large-(7) _____ research to document the extent of IED in the USA. Lead researcher doctor Ronald Kessler described the (8) _____ importance of his research, saying: “If we can detect IED early and intervene with effective treatment right away, we can prevent a (9) _____ amount of future violence.” He added: “It’s a problem because it really (10) _____ in the way of your life. There are lots of things people don’t get treatment for because it doesn’t really impact them. This does. The problem is an awful lot of people have it — more than I thought — it’s (11) _____ chronic, and it’s impairing.” Dr Kessler believes it is important this problem is given more recognition. “Social disorders can fall through the (12) _____, and this is one of them,” he said.

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|------------------|-----------------|-----------------|-----------------|
| 1. (a) height | (b) heighten | (c) high | (d) highest |
| 2. (a) bits | (b) fits | (c) wits | (d) hits |
| 3. (a) mental | (b) mentally | (c) mentality | (d) mentalities |
| 4. (a) urged | (b) pegged | (c) filtered | (d) based |
| 5. (a) forget | (b) waste | (c) lose | (d) throw |
| 6. (a) tame | (b) homely | (c) domestic | (d) native |
| 7. (a) pale | (b) scale | (c) impale | (d) descale |
| 8. (a) potential | (b) impotent | (c) important | (d) portable |
| 9. (a) substance | (b) substantial | (c) substandard | (d) subsiding |
| 10. (a) gets | (b) lets | (c) bets | (d) nets |
| 11. (a) lousily | (b) horrible | (c) nasty | (d) awfully |
| 12. (a) papers | (b) sky | (c) volcano | (d) cracks |

Task 2. Match the words with their definitions:

1. kidney	a. organ in the head which controls thought and feeling
2. lung	b. long pipe leading from the stomach which takes waste matter from the body
3. liver	c. two small, fleshy organs in the throat
4. heart	d. baglike organ in which food is broken down for use by the body
5. brain	e. one of twenty-four bones protecting the chest
6. intestine	f. one of a pair of organs which separate waste liquid from the blood
7. appendix	g. one of two bony parts of the face in which teeth are set
8. tonsils	h. large organ which cleans the blood
9. rib	i. one of a pair of breathing organs in the chest
10. stomach	j. passage from the back of the mouth down inside the neck
11. jaw	k. short organ of little use which leads off the large intestine
12. throat	l. organ in the chest which controls the flow of blood by pushing it round the body

1_ 2_ 3_ 4_ 5_ 6_ 7_ 8_ 9_ 10_ 11_ 12_

Task 3. Translate the text from English into Ukrainian in writing.

A health system, also sometimes referred to as health care system or healthcare system, is the organization of people, institutions, and resources to deliver health care services to meet the health needs of target populations. There is a wide variety of health systems around the world, with as many histories and organizational structures as there are nations. In some countries, health system planning is distributed among market participants. In others, there is a concerted effort among governments, trade unions, charities, religious, or other coordinated bodies to deliver planned health care services targeted to the populations they serve.

In Ukraine if we catch cold, feel a splitting headache, have a clogged nose, cough, run a high temperature, we must go to our family doctor. First we come to the registry. In case of a serious health problem he writes out some referrals to several specialists. Some of them will listen to our heart and lungs, some will check up our kidneys, liver, stomach, eyesight, hearing. The others will conduct our blood analysis, take our blood pressure and X-ray us.

In case of a sudden and severe illness or an accident calls are made to the first aid station. There doctors are on duty all day round. There are many ambulances there equipped with everything necessary to render first aid. They have all kinds of medicine, stretchers, radio equipment. A patient is transported to the hospital without delay. There he is taken to the reception ward first. After careful questioning and examination, the doctor fills in the patient's case history. Then a patient is put to a ward for treatment. The doctors make their daily round there. They examine patients and prescribe different treatments. The nurses take the patients' temperature, give injections, apply cups and mustard plasters, give medicines.

Task 4. Translate into English.

1. Він одужує від серйозної хвороби.
2. Мене нудить. Мабуть, я отруївся.
3. Він зателефонував до амбулаторії і записався на прийом до сімейного терапевта.
4. Вона почувалася хворою, тому зателефонувала на роботу і повідомила, що захворіла.
5. Коли людина хворіє, держава сплачує за період, коли вона д на лікарняному.
6. Холера – це інфекційна хвороба. Вона дуже заразна і потребує серйозного лікування.

Task 5. Give extended answers to the following questions in writing.

1. Do you think each person should be responsible for his own health?
2. What are the health risks associated with your lifestyle and environment?
3. What can you do to improve your health?
4. Why is exercise so important?
5. Why do many people not exercise?
6. Which exercise would you prefer: jogging, swimming, cycling, going to the gym?
7. Do you think there should be a law that requires everyone to exercise?

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з дисципліни «Практика усного та писемного мовлення»

Варіант 2.

Task 1. Choose the most suitable word from the list below. Translate the last paragraph in writing.

Internet addiction – A growing problem

The New York Times has reported on a problem that many of us have but are not (1) ____ of – Internet addiction. According to reporter Tara Parker-Pope, millions of us are addicted to being online. She says this is a growing problem that is making us more (2) ____ and impatient. Ms Parker-Pope writes about various reports highlighting how technology is changing people. In one, she quotes cyber-psychologist Dr. Elias Aboujaode who says: “More and more, life is (3) ____ the chat room.” He said we are living in “virtual lifestyles” which is (4) ____ affecting our real-life relationships. Nicki Dowling, a clinical psychologist from Melbourne

University in Australia, (5) ____ in a recent study that ten per cent of young people had what she (6) ____ “Internet dependence”.

Tara Parker-Pope (7) ____ experts in this field on what the signs are of being overly absorbed in technology. She came up with seven indicators of “tech overload”. The first is whether you check our e-mail before doing other things.

Another (8) ____ sign is if you always anticipate and look forward to your next online visit – a (9) ____ sign of dependence and addiction. The third point is if you say, “just a few more minutes” when someone wants you. Parker-Pope found your interaction with others also (10) ____ a lot about how important the Internet is compared with family and friends; do you lie about how much time you spend online or choose to surf the Net instead of go out with others? Other (11) ____ include the “online (12) ____” that stops you being unhappy, and when others complain about you always being online.

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|-------------------|-------------------|-----------------|---------------|
| 1. (a) beware | (b) awareness | (c) wary | (d) aware |
| 2. (a) forgetful | (b) forgets | (c) forget | (d) forgotten |
| 3. (a) resemble | (b) resembling | (c) resemblance | (d) resembles |
| 4. (a) negative | (b) negativity | (c) negatively | (d) negatives |
| 5. (a) conclusion | (b) concludes | (c) concluded | (d) conclude |
| 6. (a) callers | (b) called | (c) calling | (d) callings |
| 7. (a) knowledge | (b) interrogated | (c) spoke | (d) quizzed |
| 8. (a) telltale | (b) telling tales | (c) tales | (d) tall tale |
| 9. (a) surely | (b) sure | (c) surety | (d) sureness |
| 10. (a) writes | (b) whispers | (c) hears | (d) says |
| 11. (a) takeaways | (b) hideaways | (c) giveaways | (d) anyways |
| 12. (a) lift | (b) escalator | (c) elevator | (d) carry |

Task 2. Fill in the gaps with the words from the table below:

SLEEP SAVES LIVES

<i>anxious</i>	<i>disease</i>	<i>mental</i>	<i>affects</i>	<i>loss</i>	<i>ability</i>	<i>vary</i>
<i>prevent</i>	<i>commute</i>	<i>artificial</i>	<i>causes</i>	<i>consume</i>		

Sleep strongly 1) _____ our immune system and that's why when humans get sick, our first instinct is often to sleep. Sleep helps us to heal, as well as to 2) _____ disease.

Even a single night of 5 to 6 hours of sleep 3) _____ the number of cancer-fighting cells in the body to drop by an astonishing 70 percent. In fact, more than 20 large-scale studies report that people who sleep less will live a shorter life. Adults over 45 who sleep less than 6 hours a night are 200 percent more likely to have a heart attack than those who get 8 or more hours of shut-eye.

Matthew Walker, a sleep scientist, says there's a connection between sleep 4) _____ and Alzheimer's 5) _____, cancer, diabetes, obesity, and poor 6) _____ health, among other things.

So why the dramatic decrease in sleep? We work longer hours and 7) _____ further. We 8) _____ too much alcohol and caffeine. Our society is more 9) _____, lonely and depressed than ever. And we spend too much time under 10) _____ lights and in front of our computers and phones. All of these things are hurting our 11) _____ to get a restful night's sleep.

The amount of sleep a person needs will 12) _____ according to age, but 8 hours is a good rule of thumb. It may not always be possible, but do your best to get a good night's sleep – your body will thank you for it!

Task 3. Translate the text from English into Ukrainian in writing giving special attention to the words in bold.

First Aid

Everybody must know how to give first aid. First aid is immediate care rendered to a victim of an accident, sudden illness, or other medical emergency. Proper first aid can save a victim's life, especially if the victim is bleeding heavily, has stopped breathing or has been poisoned. First aid also can prevent the development of additional medical problems that might result from injury or illness. The person who gives first aid must have the best knowledge of it. He must be calm and act without panic. Treatment should be continued until professional medical help is available. First aid also involves reassuring the victim, relieving the pain, and moving the victim, if necessary, to a hospital or a clinic. Remember: "SOS" means "Save Our Souls". The general steps to take in any situation requiring first aid include the following: 1) call a local emergency medical service or a doctor; 2) provide urgent care (for life-threatening emergencies); 3) examine the victim for injuries; 4) treat the victim for shock.

Task 4. Translate into English.

1. Багато хвороб - інфекційні. Люди можуть заразитися нею від інших хворих.
2. В нього серйозні травми. Він у відділенні невідкладної допомоги.
3. Його готують до операції. Буде оперувати досвідчений хірург.
4. В мене болить плече. Я травмувався, коли катався на лижах.
5. Рана загоїться швидше, якщо її не перев'язувати. Але є ризик інфекції.

6. Прийми знеболювальне та намасти маззю від запалення.
7. Ці пігулки від високого тиску відпускаються без рецепта.

Task 5. Give extended answers to the following questions in writing.

1. How often do you go to the doctor?
2. What childhood memories do you have of doctors?
3. What kind of person makes an excellent doctor?
4. If you were a doctor, which area would you like to specialize in?
5. What are your experiences of hospitals?
6. What can you say about our hospitals?
7. How would you make a hospital a better and more pleasant place to stay in?

Контрольна робота №3 (семестр 4)
з дисципліни «Практика усного та писемного мовлення»

Варіант 3.

Task 1. *Choose the most suitable word from the list below. Translate the last paragraph in writing.*

SALT

Food (1) ____ in the USA are asking the government to make new salt laws. America's Institute of Medicine (IOM) wants the Food and Drug Administration (FDA) to (2) ____ the amount of salt put in food. This would affect how food manufacturers and restaurants prepare their food. The institute believes America's (3) ____ affair with salt must end. It says Americans consume (4) ____ too much salt, which is leading to too many health problems. The IOM says salt intake is the same as it was decades ago, despite many health (5) ____ to get people to use less. Its report says: "If you look at salt intake over a number of decades, it has not gone down despite a (6) ____ of efforts and it is still at a very high level." Its main recommendation is to set standards for safe levels of salt in food.

Not everyone is happy (7) ____ the IOM's request. Lori Roman, head of America's Salt Institute, said the IOM's recommendations were "not scientifically (8) ____". Roman, added: "They're talking about some very drastic reductions. They could be (9) ____ people." Gary Howard, a spokesman for the Campaign for Liberty group also agreed the IOM was going too (10) ____, saying: "It's another [attack] on people's personal freedom." Supporters of the bill say America's health must come first. Lowering salt could reduce high blood pressure and improve the (11) ____-being of hundreds of thousands of people. High blood pressure affects a third of U.S. adults, or around 75 million people. It also increases the risks of having heart attacks, strokes and kidney (12) ____.

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|-----|---------------|--------------|----------------|-----------------|
| 1. | (a) expertise | (b) expertly | (c) expert | (d) experts |
| 2. | (a) limits | (b) limit | (c) limitation | (d) limited |
| 3. | (a) love | (b) lovely | (c) loving | (d) lover |
| 4. | (a) for | (b) fur | (c) far | (d) fir |
| 5. | (a) speeds | (b) brakes | (c) drives | (d) accelerates |
| 6. | (a) numerical | (b) number | (c) numbered | (d) numeral |
| 7. | (a) with | (b) of | (c) from | (d) to |
| 8. | (a) touch | (b) taste | (c) sight | (d) sound |
| 9. | (a) harmful | (b) harming | (c) harms | (d) harm |
| 10. | (a) for | (b) future | (c) farthest | (d) far |
| 11. | (a) good | (b) best | (c) well | (d) better |
| 12. | (a) failure | (b) fail | (c) failed | (d) fails |

Task 2. *Read the passages below and fill in the gaps using the following words/phrases*

giving up	crash diet	sedentary lifestyle	stressed-
junk food	calories	preservatives	country'
exercise	balanced diet	polluted	drive

A. Many of us today live in a noisy, 1) city environment, becoming 2) as we rush from one task to another in our busy lives. We often snack on 3) because we don't have time to eat a proper meal. We 4) to our workplaces, then sit at a desk all day - in fact, we have a completely 5) . We then get fat, and go on a 6).....or console ourselves by smoking and drinking more than we should.

B. There is a growing awareness of health; among today's youth. People today are becoming more health-conscious, and some people are even moving back to the 7).....to live in a cleaner environment. Emphasis is placed on a carefully; 8).....with lots of fresh fruit and vegetables, coupled with an avoidance of food with artificial 9) Intake of 10) . . . is also more closely monitored and gentle physical 11) is preferred to strenuous activities like jogging. Needless to say, more people than ever before are 12) ...smoking.

Task 3. Translate the text from English into Ukrainian in writing giving special attention to the words in bold.

Shock

Shock may occur due to sudden illness or injury. When the circulatory system is unable to get enough blood to the vital organs, the body goes into shock. Sometimes, even a mild injury will lead to shock. The signs of shock include: - cool, pale, clammy skin; - dilated pupils; - weak, rapid pulse; - shallow, rapid breathing; - low blood pressure; - thirst, nausea, or vomiting; - confusion or anxiety; - faintness, weakness, dizziness, or loss of consciousness. Shock is a life-threatening condition. Prompt care can save lives.

First Aid

Have the person lie down and elevate his legs 12 inches or more. If the injury is to the head, neck, or chest, keep the legs flat. If the person vomits, roll him to one side to let fluids drain from the mouth. Control any bleeding and splint any fractures. Keep the person warm, but not hot. Place a blanket underneath him and cover him with a sheet or a blanket, depending on the weather. If the person is in a hot place, try to keep him cool. Take and count the person's pulse every five minutes. Comfort and reassure him to relieve anxiety. Call for help immediately if signs of shock develop.

Task 4. Translate into English.

1. Це лише подряпина. Протріть цим антисептиком та заклейте пластиром.
2. Немає потреби в стаціонарному лікуванні. Це лікується амбулаторно.
3. За новою реформою карета швидкої допомоги не буде приїздити на всі виклики. Вони навіть накладатимуть штраф за «хибний» виклик.
4. Людям з хронічними хворобами аптеки відпускають деякі ліки безкоштовно за рецептом дільничного терапевта.
5. Операція пройшла успішно, і пацієнт зараз одужує в палаті реанімаційного відділення.

Task 5. Give extended answers to the following questions in writing.

1. How is the health care in your country organised?
2. Is the health care in your country getting better or worse?
3. Is health care in your country free for some people?

4. Which is better, private or public health care?
5. Are health care workers well paid in your country?
6. Is your country's health care system in need of reform?
7. What are the most important health care issues in your country?

Контрольна робота №3 (за семестр 4)
з дисципліни «ПРАКТИКА УСНОГО ТА ПИСЬМНОГО МОВЛЕННЯ»

Варіант 4.

Task 1. Choose the most suitable word from the list below. Translate the last paragraph in writing.

U.S. teens taking to alternative medicines

Alternative medicine is becoming more and (1) ____ popular among young people in the USA. This is according to a new report from the Centers for Disease Control and Prevention. Its (2) ____ released study reveals that nearly twelve per cent of children and teenagers use some form (3) ____ alternative medicine or herbal supplements. The researchers report that under-(4) ____ are using a variety of remedies that include natural medicines, meditation, acupuncture and other treatments “that are not (5) ____ considered to be part of conventional medicine”. This is the first time for the center to measure alternative medicine use in children and teenagers. The study states one (6) ____ three adults have used alternative cures.

The study says children most commonly used alternative medicine for back or neck pain, head or chest colds, (7) ____ or stress, muscular problems, hyperactivity, and attention deficit disorders. The most popular medicines among children were “non-vitamin, non-mineral, natural products” (8) ____ as fish oil. The most common treatments were massages, meditation, acupuncture, and yoga. Researchers also found that children were five times more (9) ____ to use these remedies if a (10) ____ or other relative does. An alternative medicine (11) ____, Richard Nahin, was surprised at the report’s findings. He said children were very healthy and the fact that one in nine youngsters used alternative medicine was “(12) ____ amazing”.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|---------------|----------------|-----------------|---------------|
| 1. | (a) much | (b) many | (c) most | (d) more |
| 2. | (a) recently | (b) recentness | (c) recent | (d) recency |
| 3. | (a) from | (b) for | (c) of | (d) at |
| 4. | (a) seventeen | (b) seventeens | (c) seventeenth | (d) seventhly |
| 5. | (a) general | (b) generally | (c) generalize | (d) generals |
| 6. | (a) an | (b) on | (c) in | (d) un- |
| 7. | (a) anxiety | (b) anxious | (c) anxiously | (d) anxiously |
| 8. | (a) is | (b) some | (c) so | (d) such |
| 9. | (a) likes | (b) liken | (c) liked | (d) likely |
| 10. | (a) parents | (b) parent | (c) parental | (d) parenting |
| 11. | (a) expert | (b) expertly | (c) expertise | (d) experts |
| 12. | (a) beautiful | (b) cute | (c) pretty | (d) lovely |

Task 2. Match the following terms with their definitions:

1. facility	a. a specialist who treats patients with tuberculosis
2. ambulance	b. an institution for orphans and abandoned children
3. phthisiatrician	c. a medical or surgical practitioner without full professional qualifications or status in some Western European countries
4. accident	d. death or destruction on a large scale, as from war, plague, or famine; the number of deaths in a given period
5. orphanage	e. an infectious disease that may affect almost any tissue of the body, esp. the lungs, caused by the organism <i>Mycobacterium tuberculosis</i>
6. accreditation	f. something designed, built, installed, etc. to serve a specific function affording a convenience or service
7. feldsher	g. a disorder of carbohydrate metabolism, usually occurring in genetically predisposed individuals, characterized by inadequate production or utilization of insulin
8. tuberculosis	h. certifying smth as meeting all formal official requirements; giving official recognition
9. diabetes	i. a specially equipped vehicle for transporting the injured or sick
10. mortality	j. an undesirable or unfortunate happening that occurs unintentionally and usually results in harm, injury, damage, or even death

1_ 2_ 3_ 4_ 5_ 6_ 7_ 8_ 9_ 10_ 11_ 12_

Task 3. Translate the text from English into Ukrainian in writing.

Unconsciousness

An unconscious person is completely unaware of what is going on and is unable to make purposeful movements. Fainting is a form of brief unconsciousness; a coma is a deep, prolonged state of unconsciousness. Causes of unconsciousness include stroke, epilepsy, heat exhaustion, diabetic coma, insulin shock, head or spinal injury, suffocation, drunkenness, shock, bleeding, and heart attack. Fainting is a partial loss of consciousness. Light-headedness is a mild form of shock, and is usually not serious. If it happens often, there may be a more serious problem. Dizziness and fainting can also be brought on by sudden emotional stress or injury.

First Aid

- Make sure the unconscious person can breathe.
- Check for breathing and, if necessary, open the airway and begin rescue breathing.
- Keep the person lying down.
- Check the pulse. If there is none, call for help and start cardiopulmonary resuscitation (CPR).
- Treat any injuries. Do not give the person anything to eat or drink.
- Look for medical identification, such as a bracelet, necklace, or card that identifies a medical problem such as epilepsy, diabetes, or drug allergy. If the person has diabetes, he or she may have insulin shock (low blood sugar) or be in a diabetic coma (too much sugar in the blood).

When to Call the Doctor

If someone has completely lost consciousness. If unconsciousness follows a head injury. A head injury victim needs to be carefully observed. If a person with diabetes loses consciousness.

Task 4. Translate into English.

1. Пацієнт потребує негайної операції. Хірург вже чекає в операційній.
2. Я рекомендую вам пройти медичне обстеження. У вас підвищений тиск та частий пульс.
3. Я маю попередити вас про можливі побічні ефекти від цих ліків.
4. В неї алергія на деякі антибіотики. Треба зробити додаткові тести, щоб не було ускладнень.
5. Ви ризикуєте отримати нервовий зрив, якщо будете так багато працювати. Я рекомендую взяти лікарняний на пройти курс лікування вдома дотримуючись постільного режиму.
6. Міряйте температуру кожні 3 години та приймайте ці пігулки через 10 хвилин після їжі.

Task 5. Give extended answers to the following questions in writing.

1. Is life becoming more or less stressful?
2. Are you stressed at the moment?
3. What stresses you out?
4. Is learning English stressful?
5. What do you do to relieve your stress?
6. How dangerous do you think stress is?
7. What was the most stressful time of your life?