Задания для подготовки к промежуточной аттестации по специальности

34.02.01 Сестринское дело, 31.02.03 «Лабораторная диагностика», 33.02.01 «Фармация»

по дисциплине БД.06 «Иностранный язык ( английский)»

1. **Прочитайте и переведите текст. Составьте устное высказывание (10-12 предложений) по прочитанному тексту.**

**Appearance: Parts of the Face**

People who can’t hear often learn to understand a spoken language with their eyes. They watch the mouth of the person talking and follow the movement of his lips. This is called lip-reading. Some people think the distance between your hair and your eyebrows is a sign of how you are intelligent. The bigger your forehead is, the more intelligent you are supposed to be.

Nowadays, a person who doesn’t like his or her nose can have it changed with plastic surgery. Plastic surgeons can change your face in many other ways too. They can make your cheeks a little rounder. If you don’t like your chin, a plastic surgeon can re-make your jaw and change the whole lower half of your face. If you think your skin looks too old and wrinkled, he can take the wrinkles away and make you look twenty years younger. Women often disagree about men having beards and moustache. But some women think that hair on a man’s chin makes him look more attractive.

Usually, only women wear make-up. They are lucky. They can put a little black mascara on their eyelashes and some eyeshadow on their eyelids, and look fresh and attractive, even when they are really tired.

**Health**

Is there anything more important than health? I don't think so. "Health is the greatest wealth, «wise people say. You can't be good at your studies or work well when you are ill.

If you have a headache, heartache, toothache, backache, earache or bad pain in the stomach, if you complain of a sore throat or a bad cough, if you run a high temperature and have a bad cold in your head, or if you suffer from high or low blood pressure, I think you should consult a doctor. The doctor will examine your throat, feel your pulse, test your blood pressure, take your temperature, sound your heart and lungs, test your eyes, check your teeth or have your chest X-rayed.

After that he will prescribe some treatment, pills, tablets or some other medicine which we can buy at the chemist's. He will recommend you to stay in bed for some time, because there might be serious complications. The only thing you have to do is to follow his recommendations.

Speaking about doctors' recommendations, I can't help telling you one funny story.

An old gentleman came to see the doctor. The man was very ill. He complained of weakness, insomnia, memory loss and serious problems with his heart, lungs and liver. The doctor examined the patient and said that no medicine could cure his disease.

Do you want to know what the doctor's advice was?

He told his patient to go to a quiet place for a month and have a good rest. He also advised him to eat a lot of meat, drink two glasses of red wine every day and take long walks. In other words, the doctor recommended him to follow the rule: «Eat at pleasure, drink with measure and enjoy life as it is."

The doctor also said that if the man wanted to be well again, he shouldn't smoke more than one cigarette a day.

A month later the gentleman came into the doctor's office. He looked cheerful and happy. He thanked the doctor and said that he had never felt a healthier man.

"But you know, doctor, " he said, "it's not easy to begin smoking at my age."

**Healthy lifestyle**

Wealth is nothing without health: I completely agree with this idiom. Today a healthy lifestyle is becoming more and more popular. People are discussing it on social media, and new healthy food stores keep appearing worldwide.

To begin with, a healthy lifestyle is not only about eating healthy but also about various kinds of sports and activities. Our bodies are not made for sitting - it needs regular exercises to stay in shape. That is why sports should be accessible and interesting not only for athletes, but for everyone. To start leading a healthy lifestyle, you need to choose an activity that you like the most, it can be dancing, swimming or football. On the other hand, you can do exercises at home or outside, but it's important to do it as regularly as possible.

Secondly, a healthy lifestyle is impossible without healthy food. People usually think that healthy food consists only of vegetables and fruits, but this is not quite true. The way in which food is cooked matters. For example, it's better not to use a lot of cooking oil to prepare food, and not to eat a lot of sweets. Most people also associate healthy food with less tasty food. Cooking delicious food takes a lot of effort, but it certainly worth it to live in a more healthy way. In my family, everyone loves cooking, we use vegetables and fruits from our garden and we enjoy eating healthy, homemade food.

Thus, it's important for a healthy way of life that people have regular physical activity and are more health-conscious.

**Мedical services**

Our country is really huge and we have many different services. There are many different shops and street markets, schools and kindergartens, hospices and hospitals. The only thing is it’s not good enough everywhere. Unfortunately there are big and small towns, villages and countrysides. So service cannot be provided equally in all these places.

But if we can speak about medical system in general, I have to say that our doctors are good enough. To become a doctor you have to be smart and brave and to pass a long training. After 7 years in the university you will have a diploma and you can start to work. There are many different doctors and our people can be cured in Russia from almost all the diseases.

Some medical services are paid and some are free. Public hospitals provide good service, but really slow. It is because it’s free. People go there with all diseases they have and the lines are too big. But still you will see your doctor; he will check on you and give you recommendations. Sometimes you have to take tests and pay and buy medication. If you don’t like to wait on the line you can book a visit in a private hospitals. The prices are different but the service is better. The important thing is that very often the doctors from public and private hospitals are the same.

Unfortunately there are some diseases we are not able to cure in Russia or it is too much expensive. Then people go abroad. But I really hope that soon we will cure everything and everybody.

People from big towns are more lucky, because medical system is better there. But still people from villages can also come to a big town to be cured. It is only a matter of time and distance.

In general I want to say that our medical system is good. But every day we have to improve ourselves to reach the best results.

**The National Health Service in Britain**

The National Health Service provides free treatment for people living in Britain and gives emergency treatment for visitors. The greater part of the cost is met from taxes taken from people’s wages. People also pay some money every month as a sort of insurance.

The National Health Service consists of three main parts: the general practitioners, the hospital and specialist services, and local health authority services. Local health authorities are responsible for medical education, hospital building, environmental health, vaccination service and so on.

The center of National Health Service is the general practitioner (GP). Each person is registered with a certain doctor in his or her area. The GP diagnoses, gives medical certificates, prescribe medicines. Dentists and opticians usually have separate clinics. They are not parts of health centers.

There is also a medium-level hospital staff. District nurses give injections, physiotherapy exercises at people’s homes. Ward nurses take care of the ill in the hospital.

Regular medical inspections are held at schools. Children receive various vaccinations and are examined by different specialists. There also exists a school dental service in every school.

Much attention is paid to the educational programmers. The Department of Health provides anti-smoking education programmers, alcohol education programmers, cancer prevention programmers and so on. Much attention is paid to the AIDS and drug programmers.

Great Britain pays much attention to the qualification of doctors. They are trained at 16 universities. Besides, they get practice during their work at teaching hospitals.

**Рrofessions in the world**

There are many noble and respectable professions in the world, but I want to become a health specialist. People think that medicine is a difficult field, while I think it’s worth discovering. At the moment I’m at my 10th year of schooling and next year I will have to decide which institution to enter. Luckily, there is a large Medical university in our city, so I can continue my education there. I just need to choose the right branch out of numerous departments. I’m not saying I will be a surgeon. I know that it’s one of the most difficult professions in medical field.

Besides, surgeons need to study for 8 or more years, which is a rather long term. Being a family physician would be good for me. I’d like to work with people, to help them recover, to diagnose certain diseases and to prescribe appropriate medications. To become a qualified medic I will have to study about 6 years. After I get a diploma I will be eligible for work at the hospital. I hope to succeed in medical field, as this is my favourite profession. Two of my aunts are also health professionals and I’m really proud of them. I see how hard they work to help people and cure them from various illnesses. I understand certain qualities for this profession, such as love for people, responsibility, patience, inquisitive mind, etc. I also need to study hard, especially in certain fields, for example, biology, chemistry, Latin, natural sciences and even mathematics. But I’m not afraid of any difficulties and I’m ready to do my best. My parents support my decision to become a medic. They have no doubt that this is the right decision for me.

**Outstanding personalities in Russia**

The names of many Russian scientists and inventors are known in all parts of the world. The contribution of many Russian biologists, physicists, chemists, physiologists etc. to the development of international science is really great. The names of Lomonosov, Mendeleyev, Sechenov, Popov, Tsiolkovski, Korolev, Pavlov, Sakharov are internationally acclaimed. There are very many branches of science where the Russian inventors and scientist have made great discoveries bringing the mankind to the whole new level of its development.

The first university in Russia was found by the first Russian philosopher of nature (natural scientist), historian, painter and literary figure at once. His name was Lomonosov. He has written many scientific works on different topics: on history, physics, astronomy, biology, geology, philology, chemistry, mineralogy. He also was a very important statesman.

The Russian scientist Mendeleyev discovered the Periodic Table of the Elements. It became the basic law for future discoveries in chemistry. In 1895 the Russian scientist Popov invented the radio. The names of such great Russian physiologists as Sechenov and Pavlov are known worldwide.

The scientific theory of space flights was worked out by the Russian scientist Tsiolkovski. He also called into being a new research field – astronautic science (star navigation).

The Russian scientist, designer and manager of space system production Korolev constructed the first artificial satellite. Through his ideas and scientific inventions the first manned space flight became possible. The Russian spaceman Gagarin was the first human who orbited our Earth in 1961.

**Famous Russian doctors**

Famous Russian doctors made a significant contribution to the development of domestic medicine. In the XIX century, one of these doctors was Sergei Petrovich Botkin. He graduated from Moscow University, participated in the Crimean War, saved the lives of the wounded in the Simferopol hospital. He worked in foreign clinics in England, Germany, France.

Botkin was one of the first to initiate the organization of women's medical education. He founded medical courses for women and a school of paramedics. On his initiative in 1860 in Russia was openly the Epidemiological Society, which successfully began to fight the spread of infectious diseases. Such diseases as cholera, plague, scarlet fever, diphtheria, smallpox were carefully studied. As part of the research, the causes of hepatitis A (jaundice) were identified. Since then, the disease has been called Botkin. Thanks to Sergei Petrovich, the poor attention, the doctors began receiving, visiting at home and providing the necessary medications. Soon the first ambulance appeared in Russia. In 1881 the first free hospital was opened.The most famous doctors of Russia were the disciples of Botkin, this is AA Nechaev, N. Ya. Chistovich, MV Yanovskii, IP Pavlov, TP Pavlov, AG Polotebnov, NP Simanovsky .

**А Canadian doctor and medical scientist**

In 1921, a Canadian doctor and medical scientist Federick Banting left Allison, Ontario for Toronto to explore diabetes research at the University of Toronto. Diabetes, at that time, was a fatal disease that was treated through a diet low in carbohydrates and sugar and high in fat and protein. This diet allowed diabetics to live for a length of approximately one year after initial diagnosis.

Upon arriving in Toronto, Banting's laboratory assistant role was awarded to Charles Best after a coin-flip with another student. Banting and Best immediately began experiments using mostly canine subjects. An initial breakthrough occurred early in the autumn when Banting was able to successfully isolate insulin, the body's main anabolic hormone, from a test dog. This process was found to produce diabetic symptoms in the animal. Banting and Best theorized and discovered that by conducting a program of insulin-isolate injections, the dog's symptoms were alleviated and the subject returned to normalcy.

Two months later, with the support of J.J.R. Macleod, a Scottish biochemist at the universe of Toronto, preparations began for insulin treatments in a human subject. Enlisting the aid of Canadian biochemist J.B. Collin, Banting was skin able to extract a reasonably pure formula of insulin from the increases of cattle.

In the winter of 1922, Banting, Macleod, and his team began treating 14-year old Toronto diabetic Leonard Thompson with insulin injections. After some initial adjustments to the dose, Thompson achieved complete elimination of the glycosuria that was typical of diabetes without causing any obvious side-effects.

The first American patient was soon found by Dr. John Ralston Williams, who imported insulin from Toronto to Rochester, New York, to treat a teenage diabetic in his care. The patient, future artist James Havens, improved dramatically and the new, breakthrough diabetic treatment got the green light.

Under Banting's lead, the University of Toronto immediately gave pharmaceutical companies a license to produce insulin free of royalties. By 1923, insulin had become widely available, and Banting and Macleod were awarded the Nobel Prize in Physiology or Medicine. Thanks to Banting's research and discovery, diabetics can now live for over 85 years with the condition.

**Education**

Let’s try to imagine the world without education, without any schools, colleges and universities. What would that be like? No school means no knowledge and skills. No university means no doctors, no engineers and no scientists. Therefore, it means no development and no inventions. Would you like to live in the world that is deteriorating? The answer is quite obvious: it’s vitally important to study and get an education.

Nowadays there’re different kinds of education, but the most wide-spread is still the traditional one that includes the set of establishments providing education. For the vast majority of people, the first step is a primary school where students get the basic skills of reading, writing and counting. The next stage is secondary school which gives broad knowledge about various subjects and prepares students for future professional education. At the end of the last form school children take exams and after school graduation they have several options: to stop studying and get a job or get professional education in college or university. Students’ life is not easy because they have to take exams every term and study hard to succeed. Nevertheless, most people remember students’ years as the best time of their lives, full of fun and entertainment.

However, modern world is full of new opportunities to get education. More and more schools and universities provide on-line courses and trainings. It has some advantages for sure, because you study in a comfortable place at comfortable time. Also, some alternative ways are becoming more and more popular, e.g. home education or some approaches connected with developing the mind without books and strict systems.

As for me, I’m fully convinced that, no matter what kind of education you support, it’s necessary to study and develop your skills, to use the experience of others to create your own ideas in order to implement them to life.

**Education in Britain.**

In England and Wales compulsory school begins at the age of five, but before that age children can go to a nursery school, also called play school. School is compulsory till the children are 16 years old.

In Primary School and First School children learn to read and write and the basis of arithmetic. In the higher classes of Primary School (or in Middle School) children learn geography, history, religion and, in some schools, a foreign language. Then children go to the Secondary School.

When students are 16 years old they may take an exam in various subjects in order to have a qualification. These qualifications can be either G.C.S.E. (General Certificate of Secondary Education) or "O level" (Ordinary level). After that students can either leave school and start working or continue their studies in the same school as before. If they continue, when they are 18, they have to take further examinations which are necessary for getting into university or college.

Some parents choose private schools for their children. They are very expensive but considered to provide a better education in Britain and good job opportunities.

In England there are 47 universities, including the Open University which teaches via TV and radio, about 400 colleges and institutes of higher education. The oldest universities in England are Oxford and Cambridge. Generally, universities award two kinds of degrees: the Bachelor's degree and the Master's degree.

**Why do we learn English?**

People began to speak many centuries ago, and since then they have been speaking different languages. Every language reflects the soul, behaviour and temperament of each nationality. Peoples created their own alphabets and rules, but they always wanted to communicate with each other, to understand and to know more about each other.

Languages help people to understand each other better, they help them to solve different economic and political problems, which stand before them, and so people learn foreign languages.

All languages are different. Some are very hard, some are easier, some are similar, but there are no identical languages in the whole world. There are more than 2,700 languages in the world. Many of them are "alive" because people use them, but there are some "dead" languages, for example Latin.

Two thousand years ago, Latin was the world's most important international language. Today this title belongs to English. It's a global language of travel, business, pop culture, sport and science.

Over one billion people speak English. That's almost one fifth of the world's population. For over 400 million it's their first language. For the other 600 million it's either a second language or a foreign language.

Today, in fact, over 250 million people are learning English. That's more than the population of the USA.

The average person in Britain has a vocabulary of between 10,000 and 15,000 words. In his plays William Shakespeare used a vocabulary of about 30,000 words. Shakespeare was born over 400 years ago. At that time, only six or seven million people spoke English.

Now English is spoken practically all over the world, it has become the world's most important language in politics, science, trade and cultural relations. It is spoken as a mother tongue in Great Britain, the United States of America, Canada, Australia and New Zealand. Besides, a lot of people speak English in Japan, India, China, Africa and many other countries. English is one of the official languages of the United Nation Organization. Half of the world's scientific literature is in English. It is the language of computer technology.

To my mind English is worth studying. There is a proverb: "A new language is a new world". "Knowledge is a power", one great man said. Speaking a foreign language one can not only read the papers, magazines and original books by outstanding writers, but as well watch satellite programmes, travel easily to different parts of the world. Besides, understanding and speaking a foreign language became necessary while applying for a good and well-paid job.

**Friendship in the modern world**

People often say that our modern way of life, with its individualism and fast speed, has made the world a lonely place. So many of us live and work surrounded by people, but it is hard to find true friendship. The faces we see each day are like pictures in a gallery; the talk that we hear is just sound. Perhaps this is why the websites like ‘Facebook’, ‘Contacts’ are so popular these days. They allow people to communicate and even become close without meeting up. It seems that many people’s idea of friendship has changed nowadays. But what is friendship?

Aristotle was the first western philosopher to discuss friendship in a detailed way. He said that people who chose to live alone were either like animals or gods. He probably meant that it is natural to want friends. Certainly, people who choose to live without friends are frequently regarded as having problems. We either pity them or else we view them as strange.

Aristotle also said that there are three different categories of friends. In the first category, we are friends with people because of some advantage that the friendship gives us. In other words, the friendship has a practical value. Friends in this category would include bosses at work or some of our colleagues.

Aristotle’s second category of friendship is based on the idea of pleasure. Friends in this category enjoy doing things together and they have a lot of interests in common.

The third category of friendship is the highest form of friendship. In this category, people are friends on a deeper level. The friendship does not depend on anything other than the friends themselves. The relationship is so close that it seems that one soul belongs to two bodies, Aristotle said.

Aristotle also said that close friends must have eaten salt together. In other words, they must have shared some of life’s good and bad experiences. Most people today would probably agree that these arc a fundamental part of true friendship.

**The peace in the family.**

Family today plays а very important role in our life. We discover the world, learn to trust and do first steps with our family. It would be so nice to have our relatives always close and to be best friends.

Unfortunately it’s not possible. Because even the happiest family will have problems. In general the family has good and bad days. Wife and husband don’t understand each other, parents don’t pay attention to their children or children don’t listen to the parents. Usually these are the most popular problems. And you are lucky if you have only one of these problems. But I know some families that have all these problems. Unfortunately here only psychologist can help to save the peace in the family.

In all other situations people just have to understand it’s normal to have this kind of problems. We are people with different emotions and we can make mistakes. But it’s really important to accept mistakes and to talk to each other.

Children have to understand that the parents are the best friends and they will always help. Parents have to hear what the kids want. Parents wish us the best but sometimes we want to choose our own way and moms and dads have to let us go. For husband and wife it’s better to make piece as fast as possible because they can ruin life of their children as well. Mom and dad are our close people and we need both of them. They are our example in our future.

Problem is something that makes us stronger. But we have to solve them to become stronger. And we need to be ready to forgive and forget bad words or actions. Also we have to remember there is no person closer in the world than our family member. And if one of family members is not happy the whole family has a problem. A happy family is the one where every member is happy.

**Family problems**

"Honour your mother and father and you will live long and be well, if not, you will die" — says the Bible. Some families are happy, some are dead. It seems to me the reason is misunderstanding of each other in the family.

One more thing, teenagers can take on most of the rights and responsibilities of adulthood. Before this occurs, however, they go through the period of adolescence and most of them experience conflicts at that time. They change rapidly both physically and emotionally and they search self-identity as they grow up and become more independent.

Sometimes teenagers develop interests and values different from those of their parents. That sets a conflict between two generations, which leads to a gap in mutual understanding. Traditional disagreements are: the time to come home at night, doing work about the house and the friends to spend time with.

I'd like to point out, that teens face a number of problems: drinking alcohol or using drugs. Moreover, some children run away from their homes. Most of them return after a few days or weeks, but some turn to crime and become juvenile delinquents.

I'm convinced that sometimes parents do not care about their children. It is exactly at that age when young people need a piece of advice or help. Different TV programmes and magazines for the young come to their rescue. In case of need you can also dial a special telephone number, the so-called 'telephone of trust'.

But it's not the way out. Parents should help their children and find the right approach to them so as to make everything clear. Being able to view the problems more rationally, they should try to do their best to resolve them. We need to learn to talk our problems over in our family. If we are able to do it, everything will be all right.

**Russia**

Every educated person on planet Earth knows that Russia is the largest country in the world. Its vast expanses occupy one-tenth of the overall land of our planet. Its landscape is mesmerizing. Tall mountains, boundless oceans and seas, pure water rivers and streams, giant marshes and steppes, huge forests and frozen glaciers.

Russia is the largest country in the world. It has a long and interesting history. The country is famous for its numerous places of interest. The capital of Russia is Moscow, and it’s the biggest city in the country. Another big and famous city in Russia is Saint Petersburg.

Every year millions of tourists visit Russia. There are many different reasons for travelling to Russia. First of all, it is the largest country in the world. Secondly, it is full of historical, architectural and natural wonders. Thirdly, Russia is a hospitable country, where visitors can easily feel at home. According to national traditions guests are always welcomed with bread and salt.

Russia is in many ways a wonderful country with a long and interesting history with many tragic reversals. But what do we really know about our homeland? What Russia is famous for, except that it is the biggest country in the world? To list all the achievements of our country, we would probably need a multi-volume partition encyclopedia, because our success affects many areas of life.

Every nation has its own culture and traditions. Russia is a unique country with a centuries-old history and long-established national customs. Although, it’s a well-developed country with a high level of culture, most holidays and traditions date back to pagan times. For example, Easter, Christmastide, the Kupala Night, the Shrovetide — all these events have pagan roots. I’d like to say a few words about these holidays and traditions of their celebration.

Flag is the country’s main symbol as well as the anthem and coat of arms. The flag of Russia consists of three stripes – white, blue and red.

Russia is famous for its tasty soups and chowders so it’s not surprising that one of the most important dish in Russia is shchi. That’s the way it was cooked in the IX century.

**The United Kingdom of Great Britain and Northern Ireland**

The United Kingdom of Great Britain and Northern Ireland is situated on the British Isles. It consists of four parts: England, Wales, Scotland and Northern Ireland. England, Wales and Scotland occupy the territory of Great Britain. Northern Ireland is situated in the northern part of Ireland. The territory of the United Kingdom is about 244 square kilometers. It is the 75th place among other countries in the world. The population is over 55 million. About 80% of the population is urban. The capital of the country is London.

Great Britain is a highly developed industrial country. It is known as one of the world's largest producers and exporters of iron and steel products, machinery and electronics, chemicals and textile, aircraft and navigation equipment. One of the chief industries of the country is shipbuilding.

Great Britain is a country with old cultural traditions and customs. The most famous educational centers are Oxford and Cambridge universities. They are considered to be the intellectual centers of Europe. The education is not free, it is very expensive.

The United Kingdom is a monarchy and the Queen is the head of state. But in practice it is ruled by the elected government with a Prime Minister at the head. The British Parliament consists of two chambers: the House of Lords and the House of Commons. There are three main political parties in Great Britain: the Labour, the Conservative and the Liberal parties.

**Ecological problems**

Since ancient times Nature has served man, being the source of his life. For thousands of years people lived in harmony with environment and it seemed to them that natural riches were unlimited. But with the development of civilization man’s interference in nature began to increase.

Every year world industry pollutes the atmosphere with about 1000 million tons of dust and other things. As a result some rare species of animals, birds, fish and plants disappear forever. Many cities suffer from smog.

Large cities with thousands of smoky industrial enterprises appear all over the world today. The by-products of their activity pollute the air we breathe, the water we drink, the land we grow vegetables.

The pollution of air and the world’s ocean, destruction of the ozone layer is the result of man’s careless interaction with nature. Environmental protection is of a universal concern. That is why serious measures to create a system of ecological security should be taken.

Some progress has been already made in this direction. As many as 159 countries - members of the UNO - have set up environmental protection agencies. Numerous conferences have been held by these agencies to discuss problems facing ecologically poor regions including the Aral Sea, the South Urals, Kuzbass, Donbass, Semipalatinsk and Chernobyl. An international environmental research center has been set up on Lake Baikal. The international organization Greenpeace is also doing much to preserve the environment.

But these are only the initial steps and they must be carried on ward to protect nature, to save life on the planet not only for the present but also for the future generations.

**Mobile Phones**

From children to senior citizens, mobile phones have become a craze as a way of staying ahead with the technology. With our fast lifestyles, we have no time to meet our relatives or friends and are left with the only option of talking over the phone. Here comes the need of mobile phones, which allow us to stay connected wherever we are and whenever we need to.

Everybody today owns at least a basic mobile phone. What makes it easy to use is its user-friendly nature, small size and its numerous attractive features. However, people are always eager to replace their mobile phones with the latest models having more advanced features. As the technology is scaling new heights, mobile phones are becoming cheaper and cheaper and the customer is getting more for less. A great way of amusing yourself is by playing games on your mobile phone. If you want to store your precious moments, you can use its video recording feature. Mobile phones can become expressions of who we are by getting mobile ringtones, wallpapers, which turn your phone into a unique device.

Whatever may be said against mobile phones their advantages have always scored over their disadvantages. They have proved useful for every purpose. Nothing is as comfortable as a mobile phone for communicating over a distance. You cannot be present at the same time at more than one place, but if required you can just make use of your mobile phone and get your work done. Mobile phones have definitely become the most vital part of our lives. It is hard to imagine life without mobiles. Indeed, mobile phones keep you connected round the clock. They are now inexpensive, easy to use, comfortable and equipped with almost every latest feature you desire. Today, a technologically advanced mobile phone can perform as many tasks as well as that of a personal computer.

Even remote countries havе started having mobile phone services.

**Internet**

We can’t imagine our lives without the internet, computers and other gadgets, which unite all the users of World Wide Web. The internet is a very important source of information for people. Nowadays, you can find there any necessary information not only for education, or work but also for entertainment. Nowadays people communicate with each other, using the internet, social networks are very popular and people can’t imagine their lives without online communication.

But we must say, that using the internet has both advantages and disadvantages. The internet influences us very much, especially young people. There exist dozens of diseases that are the result of playing computer games, and spending too much time in networks. We do sport and walk less and less and spend time, sitting at a computer. Also, using a computer, there exist a possibility to become a victim of online fraudsters, which can try to steal your money.

Internet became so popular nowadays because people can use it not only at home, in the personal computer, but also they can go online, using their mobile web. So we can get any information we want, no matter, whether we are at home or not. And in addition, the price of such mobile web is not so expensive.

**2. Прочитайте и переведите предложение, найдите в нем глагол-сказуемое и определите его видовременную форму.**

1) The internet is a very important source of information for people.

2) Internet became so popular nowadays. 3) Nowadays, a person who doesn’t like his or her nose can have it changed with plastic surgery. 4) Usually, only women wear make-up.

5) Mobile phones have definitely become the most vital part of our lives 6) They have proved useful for every purpose. 7) But with the development of civilization man’s interference in nature began to increase 8) The international organization Greenpeace is also doing much to preserve the environment. 9) It is known as one of the world's largest producers and exporters of iron and steel products, machinery and electronics, chemicals and textile, aircraft and navigation equipment. 10) The British Parliament consists of two chambers. 11) Russia is the largest country in the world. 12) Every year millions of tourists visit Russia. 13) Parents should help their children. 14) They change rapidly both physically and emotionally. 15) In general the family has good and bad days. 16) Parents have to hear what the kids want. 17) They allow people to communicate and even become close without meeting up. 18) Aristotle also said that close friends must have eaten salt together. 19)Two thousand years ago, Latin was the world's most important international language. 20) English is spoken practically all over the world. 21) Also, some alternative ways are becoming more and more popular. 22) More and more schools and universities provide on-line courses and trainings. 23) Banting and Best theorized and discovered that by conducting a program of insulin-isolate injections. 24) Тhe dog's symptoms were alleviated. 25) In 1881 the first free hospital was opened. 26) He worked in foreign clinics in England, Germany, France. 27) It became the basic law for future discoveries in chemistry. 28) The contribution of many Russian biologists, physicists, chemists, physiologists is really great. 29) The Department of Health provides anti-smoking education programmers, alcohol education programmers, cancer prevention programmers and so on. 30) Great Britain pays much attention to the qualification of doctors. 31) He will check on you and give you recommendations. 32) Some medical services are paid. 33) People are discussing it on social media. 34) Healthy food consists only of vegetables and fruits. 35) The doctor will examine your throat, feel your pulse, test your blood pressure, take your temperature, sound your heart and lungs, test your eyes, check your teeth or have your chest X-rayed. 36) He thanked the doctor and said that he had never felt a healthier man. 37) Nowadays, a person who doesn’t like his or her nose can have it changed with plastic surgery. 38) Usually, only women wear make-up.