

THE MOST COMMON IDIOMS IN ENGLISH

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Introduction. Starting with, we have to determine what idioms are. An idiom is a word or a phrase that has a metaphorical meaning. According to the Oxford Dictionary: “Idioms are groups of words established by usage as having a meaning not deducible from those of the individual words (e.g. over the moon, see the light).”

Aim. To provide the review of the educational materials in order to analyze the most common medical or health idioms in English.

Materials and methods. The analysis of educational materials and modern phraseological dictionaries in the target field.

Results and discussion. There are thousands of idioms in English and they are essential to get the message across. If you aim to sound like native speakers, you have to be aware of idioms and their usage. There are plenty of different dictionaries which can represent lots of different idioms with a wide range of topics and ideas. Among them there are The Cambridge International Dictionary and Cambridge Dictionary of American idioms, which we have used for our research.

Taking into consideration the fact that idioms are often used in speech, the idioms are of great importance. So we have chosen top twelve the most common English idioms.

1. **Make no bones about it** – means to say something openly or to express honest opinion about something.

Example: Is my new haircut ugly? Make no bones about it, please.

2. **Be head over heels** – is usually followed by ‘in love’ and used to describe the condition of a person who fell in love with a new romantic partner.

Example: He looks very happy after their date, I think he’s head over heels.

3. **Couch potato** – is used to describe someone lazy or a person who likes to spend most of the time lying in front of the TV and eating snacks.

Example: She doesn’t like outside activities, she is a couch potato.

4. **Cry for the moon** – means to want something impossible or very difficult to get.

Example: Stop crying for the moon, you can’t have a car at 15.

5. **Cut the apron strings** – means to grow up, take a step in adulthood and try to live own life without parents’ help.

Example: He is single in his forties, he should cut the apron strings.

6. **Go to the wall** – is used to describe situation when someone has problems, goes out of business or goes bankrupt.

Example: Mr. Black’s restaurant will be closed, there are no visitors for a whole month. He went to the wall.

7. **To break a leg!** – is said to someone before an important event. It should be understood as ‘Good luck!’.

Example: Don’t get nervous, you will win this competition. Break a leg!

8. **That is the last straw** – means the last problem or difficulty of many previous ones which causes a collapse or means an end of something.

Example: He mocked me again, it is the last straw!

9. **Spill the beans** – is usually used when someone can’t keep a secret and tell it to another one.

Example: Everyone knows about your secret. I think Marry spilt the beans.

10. **My cup of tea** – means your choice, something you like or something you are good in.

Example: She shine when she sings, music is absolutely her cup of tea.

11. **Smell a rat** – is used when someone suspects something dishonest or notices that something is going wrong.

Example: He was nervous yesterday and today he avoids me. I smell a rat.

12. **Meet someone halfway**- means to find a compromise. It is used when someone is ready to do something for agreement in case another one agrees to do something too.

Example: If you don't want to lose your friends you should try to meet them halfway.

Conclusions. In our humble opinion, the English language is a language with a vast idiomatic base, which makes its learning and usage very exciting and intriguing. So grasping the use of its idiomatic expressions is an essential part of learning, practicing and using the language. We have come to the conclusion that idioms are essential and we should pay more attention to their usage.

THE MOST COMMON HEALTH IDIOMS IN ENGLISH

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Introduction. To start with, we have to define what an idiom is. According to the Collins English Dictionary: "An idiom is a group of words which have a different meaning when used together from the one they would have if you took the meaning of each word separately."

Aim. To review the educational materials in order to analyze the most common health idioms in English.

Materials and methods. The analysis of educational materials and modern phraseological dictionaries in the target field.

Results and discussion. To our knowledge, idioms are often used in English that is why it is really important be aware of idioms and their usage if you aim to sound naturally. There are plenty of different dictionaries which can represent lots of different idioms with a wide range of topics and ideas.

So, we have chosen the most common health English idioms.

1. As fit as a fiddle - to be healthy and physically fit
My grandmother is ninety years old but she is as fit as a fiddle.
2. At death's door - very near death
The sales manager was at death's door after his heart attack.
3. Black-and-blue - bruised, showing signs of having been physically harmed My arm was black-and-blue after falling down the stairs.
4. Black out - to lose consciousness, to faint, to pass out
The football player blacked out after being hit by the other player.
5. Draw blood - to make someone bleed, to get blood from someone The doctor decided to draw blood from the patient in order to check his blood sugar level.
6. Feel on top of the world - to feel very healthy
I have been feeling on top of the world since I quit my job.
7. Get a black eye - to get a bruise or darkened eye after being hit or after bumping into something
The boy got a black eye when he fell in the playground.
8. Go under the knife - to have an operation in surgery
The woman went under the knife at the hospital last evening.
9. Green around the gills - to look sick
My colleague was looking a little green around the gills when he came to work today
10. Head shrinker - a psychiatrist
The man went to see a head shrinker after his recent problems at work.
11. In a family way - pregnant, going to have a baby
Our new secretary is in a family way and plans to stop working soon.
12. In the pink - in a very good health
My grandmother is in the pink and is feeling very well.
13. Nothing but skin and bones - to be very thin or emaciated
The young man was nothing but skin and bones when he returned from the long camping trip.
14. Take a sick day - to be absent from work and still receive pay