

**UDC 802.0(075.8)**

**A 68**

*Рекомендовано ЦМР національного фармацевтичного університету  
(протокол № 3 від 23.02.2017)*

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A 68 SPOKEN ENGLISH FOR PHARMACY STUDENTS B2 level – X.: НФаУ, 2017. – 50 с.

Видання містить методичні рекомендації та сімнадцять розробок – тем на рівень B2. Кожна тема складається з програмного тексту, лексико-граматичних вправ на основі активної лексики тексту та ситуативних завдань. Метою даних методичних рекомендацій є розвиток навичок монологічного усного мовлення, уміння вести бесіду англійською мовою, підвищення інтересу до вивчення іноземної мови.

Методичні рекомендації призначені для здобувачів вищої освіти на рівень A2-B2

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## ПЕРЕДМОВА

Методичні рекомендації з англійської мови призначені для здобувачів вищої освіти 1-2 курсів фармацевтичних ВНЗ на рівень А2 - В2. Вони сприятимуть активізації процесу навчання іноземній мові, маючи на меті розвиток навичок монологічного усного мовлення, уміння вести бесіду англійською мовою, підвищення інтересу до вивчення іноземної мови.

До цього видання включені тематичні тексти, які мають пізнавальний характер. Перед кожним текстом подається переклад слів і словосполучень, які необхідні для кращого розуміння. Для кращого засвоєння теми пропонується низка вправ і ситуативних завдань, спрямованих на розвиток навичок усного мовлення.

Тематика текстів відповідає програмі з навчальної дисципліни «Англійська мова». Для змістового модулю 1 «Персональна ідентифікація» розроблена тема «My working day», для змістового модулю 2 «Фармація. Введення у спеціальність» - теми «My future speciality» (6 тестів), «Outstanding scientists» (4 текста), для змістового модулю 3 «Робоче оточення та повсякденна діяльність фармацевта» - теми «Chemistry laboratory», «Chemist's shop», «Drug annotation», для змістового модулю 4 «Здоровий спосіб життя» - тема «Good health»

Робота над кожною темою може проводитися як в аудиторії, так і самостійно.

## MY WORKING DAY

### Vocabulary

workday	будній день	to warm up	розігрівати
to make up	скласти	to feel like (doing smth)	відчувати себе
essential	істотний	groupmates	одногрупники
to get up	підійматися з ліжка	to go in for sports	займатися спортом
actually	насправді, фактично	couple	пара
to be fond of	захоплюватися	to go out	вийти (прогулятися)
to get dressed	одягатися	to chat	спілкуватися у чаті
to dress	одягати	to have opportunity	мати можливість
bowl of cereal	миска каші	to get together	збиратися разом
lecture	лекція	affairs	справи
canteen	столова	midnight	опівночі
to return	повертатися	spare	запасний, вільний

### Read and translate the text

In our life we have weekends and holidays. Of course, it's more pleasant to speak about holidays than about workdays. But these workdays make up an essential part of life. I'm a student of the National University of Pharmacy. So, on weekdays I usually get up nearly seven o'clock. I do not like to get up early, but I have to, because I have a lot of work to do during the day.

At seven the alarm-clock wakes me up and my working day begins. Actually I'm not fond of getting up early, but I'm already used to it. I do my bed and go to the bathroom. There I brush my teeth and take a shower. Then I get dressed and at eight o'clock I'm ready to have breakfast. Usually I have no time to cook my breakfast, so I just have a cup of tea and maybe a bowl of cereal or a sandwich.

I leave home at a quarter past eight. My university is not far from my house and it usually takes me 10 minutes to get there. My classes begin at 8.30 a.m. and finish at about 3 p.m. As a rule, I have 2-3 lessons a day, it may be one lecture and two practical classes. At 12.10 I usually go to our canteen and buy something to eat.

When my classes finish I return home. Then I cook my dinner or warm it up. After hard work at university I feel like having a rest. After dinner I usually go out with my friends or groupmates or go in for sports. Then I do my homework for the next day. It takes me about 3 hours or more.

If I have a couple of hours before going to bed I watch TV, listen to the music, chat with some friends or play my favourite computer games. Then I have supper with my family. I like evenings very much, all members of our family get together after work and study and have the opportunity to talk and to discuss our family affairs.

I usually go to bed at about eleven o'clock, sometimes at midnight.

**Task 1. Answer the questions about yourself**

1. When do you usually get up on your working day?
2. What do you do in the morning when you get up?
3. What do you have for breakfast?
4. How long does it take you to get to your university?
5. Do you have dinner at home or at the canteen?
6. What do you usually have for dinner?
7. What do you do if you have spare time in the evening?
8. When does your family have supper?
9. Do you go in for sports?
10. When do you usually go to bed?

**Task 2. Read about Vadim's day, fill in the gaps with proper words given below:**

centre, go for a walk, free, late, have, sandwich, canteen, write, meet, morning, dress, skate, get up, breakfast, take, wash
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I am a second year student. My name is Vadim. Every day I have my hands full. Usually I do not have a lot of 1) \_\_\_\_\_ time, so I have to plan everything beforehand. I 2) \_\_\_\_\_ at 6.30. I 3) \_\_\_\_\_ my face, clean my teeth, 4) \_\_\_\_\_ my sportswear and go to a sports ground. Jogging in the morning wakes me up, brings me energy and fills me with a good mood. After my 5) \_\_\_\_\_ exercises, I go home, 6) \_\_\_\_\_ a cold shower and 7) \_\_\_\_\_ my breakfast. I do not eat much in the morning, a 8) \_\_\_\_\_ with butter and cheese or jam and a cup of tea. I am glad when all the members of my family have their 9) \_\_\_\_\_ at the same time. We may wish each other a good day and discuss our plans for the evening. After breakfast, I take my coat and a bag, and go to the university. It doesn't take me much time, so I am not usually 10) \_\_\_\_\_ for classes. I have 3-4 classes a day. After classes I have dinner with my friends in the university 11) \_\_\_\_\_. Then I have to go to the library and get ready for my classes or to 12) \_\_\_\_\_ a report. After that I 13) \_\_\_\_\_ my friends and spend the rest of the evening with them. We 14) \_\_\_\_\_, discuss our student life, and make plans for the weekend.

Sometimes we visit a sports 15) \_\_\_\_\_ and play bowling or 16) \_\_\_\_\_ there.

**Task 3.**

**a) Match words similar by meaning:**

- |                   |                        |
|-------------------|------------------------|
| 1. to be fond of  | a) pair                |
| 2. to get dressed | b) to start            |
| 3. midnight       | c) to relax            |
| 4. spare          | d) to prepare          |
| 5. couple         | e) 12 pm               |
| 6. cook           | f) to put on           |
| 7. to have a rest | g) to be interested in |
| 8. to begin       | h) free                |

**b) Make up a sentence with one of each pair:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

**Task 4. Write questions according to the following answers:**

1. \_\_\_\_\_ ?  
Yes, I do. On week days I usually get up early.
2. \_\_\_\_\_ ?  
No, I don't. I do not eat much in the morning. I eat a sandwich and drink a cup of coffee.
3. \_\_\_\_\_ ?  
After my dinner, I have a rest for a couple of hours and then I do my homework.
4. \_\_\_\_\_ ?  
My classes begin at 8.30 a.m.
5. \_\_\_\_\_ ?  
I go to the library if I need to write a report.
6. \_\_\_\_\_ ?  
I meet my friends twice a week.

## Task 5. Describe your mother's working day:

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### MY FUTURE SPECIALITY

#### *TEXT 1 Pharmacist*

#### *Vocabulary*

ability	здібність	to heal	гоїтися, зцілювати
to require	вимагати	supply	поставка
to dispense	розподіляти	to ensure	забезпечувати
to order	замовляти	to occur	відбуватися
safely	безпечно	to avoid	уникати
quality	якість	a physician	лікар
to be aware	усвідомлювати	harm	шкода, збиток

#### *Read and translate the text*

The right choice of profession is very important for young people. Sooner or later everyone has to make this choice. And to be a good specialist in future means to study well at higher school. Deep knowledge and all abilities require for future work. This aim can be achieved, but you should know a lot of subjects.

The students who major in pharmacy take several general courses in their subject, as well as certain special courses such as pharmaceutical chemistry, pharmacology, technology of drugs, organization and economy of pharmacy, marketing and management, etc. Students also study history, biology, mathematics, foreign languages, etc.

Pharmacists are health professionals who, in addition to dispensing prescription medication to patients, also provide information about the drugs their doctors have ordered for them. They explain doctors' instructions to patients so that these individuals can use these medications safely and effectively.

Medicines today have great power to heal and to improve the quality of life for millions of people. But medicines also may do serious harm if not taken correctly. This is where the role of the pharmacist is the most important. You should choose your pharmacist as carefully as you choose a physician.

So, what do pharmacists do?

Pharmacists are responsible for:

- the quality of medicines supplied to patients;
- ensuring that the supply of medicines is within the law;
- ensuring that the medicines prescribed to patients are suitable;
- advising patients about medicines, including how to take them, what reactions may occur and answering patients' question.

Pharmacists who know their patients will be aware of possible harmful drug interactions or allergies to certain drugs. The pharmacist also will be able to discuss possible side effects; what foods, drinks, or activities should be avoided while on a medication; what to do if you miss a dose; and a wide range of other helpful information. The pharmacist is a key health care professional in helping people.

***Task 1. Answer the questions***

1. What do you need to be a good specialist?
2. Why did you choose this specialty?
3. Where can you practice in future?
4. Name your future responsibilities.

***Task 2. Put an appropriate word into the gaps***

Medicines today have great (1) \_\_\_\_\_to heal and to improve the (2) \_\_\_\_\_of life for millions of Ukrainians. But medicines also may do serious (3) \_\_\_\_\_if not taken correctly. This is where the role of the pharmacist is the most important. You should choose your pharmacist as carefully as you choose a physician. It is best to use only one pharmacy so all (4) \_\_\_\_\_records are at one location. This way there will be less risk of duplicating medicine or having one prescription (5) \_\_\_\_\_harmfully with another.

- |                 |               |              |
|-----------------|---------------|--------------|
| 1. a. powder    | b. power      | c. weakness  |
| 2. a. level     | b. quantity   | c. quality   |
| 3. a. harm      | b. benefit    | c. hurt      |
| 4. a. chemist's | b. medication | c. hospital  |
| 5. a. works     | b. change     | c. interacts |

**Task 3. Imagine you have practice at a pharmacy department of teaching hospital. Interview the chief pharmacist or your supervisor and answer the following questions**

1. The hospital organization: Who are the clients or customers of the hospital pharmacy?
2. Do you dispense medicines somewhere else except to the hospital wards?
3. Are any medicines dispensed directly to patients?
4. What are the responsibilities and duties of the chief pharmacist?
5. What services does the pharmacy department in your teaching hospital offer?
6. What are the opening hours of the pharmacy department?
7. How do the wards get urgent medicines when the pharmacy is closed?

**Task 4. Some pharmacy activities are listed below. Which of these activities do the pharmacists of your training drugstore participate in?**

	<u>Activities</u>	<u>yes</u>	<u>no</u>
1.	recording drug histories		
2.	counselling patients during their stay or when they are discharged clinical		
3.	conducting full medical reviews		
4.	participation in ward rounds		
5.	influencing treatment decisions		
6.	monitoring treatment outcomes		
7.	ensuring rational use of drugs		
8.	checking of the patients' drug regimens (for interactions, contraindications, etc)		

### **TEXT 2 Clinical Pharmacist**

#### ***Vocabulary***

decision	рішення	to imply	мати на увазі
goal	ціль	prescribed	запропонований
ability	здібність	to promote	просувати
to deal with	мати справу з	patient compliance	дотримання
to develop	розвивати	treatment	лікування
practicing	практикуючи	adverse	несприятливий
to implement	застосовувати	expenditures	витрати
to induce	викликати, стимулювати	schedule	графік

***Read and translate the following text***

Choosing the kind of career to follow is probably one of the most important decisions you will ever make. Before you make this decision you will have to do a lot of thinking about who you are, about the things you like to do and the things you do well. It is an advantage to choose a future career while at school. It gives a goal to work towards and enables to choose a right, suitable course of study. When deciding your future, you must be realistic about your interests and abilities.

As for me in future, I would like to become a clinical pharmacist. Let me explain what specialty “Clinical Pharmacist” means.

Clinical pharmacist is a health specialist, which deals with the activities and services of the clinical pharmacy, develops and promotes the rational and appropriate use of medicinal products and devices.

Clinical pharmacy includes all the services performed by pharmacists practicing in hospitals, community pharmacies, nursing homes, home-based care services, clinics and any other setting where medicines are prescribed and used for.

The term “clinical” does not necessarily imply an activity implemented in a hospital setting. A community pharmacist may perform clinical activities as well as a hospital practitioner. Clinical pharmacy is more oriented to the analysis of population needs concerning medicines, ways of administration, and patterns of use and drugs effects on the patients. The focus moves from the drug to the single patient or population receiving drugs.

The goal of clinical pharmacy activities is to promote the correct and appropriate use of medicinal products and devices maximizing the clinical effect of medicines, i.e., using the most effective treatment for each type of patient; minimizing the risk of treatment-induced adverse events, i.e., monitoring the therapy course and the patient’s compliance with therapy minimizing the expenditures for pharmacological treatments trying to provide the best treatment alternative for the greatest number of patients.

Clinical pharmacist is a person who, through a mix of practice and formal education, is given a “degree” - which means a level of responsibility. The person who is working within the hospital therapeutic team can take responsibility for:

- suggesting a new dosage schedule;
- stopping a dangerous prescription;
- designing and testing a new formulation;
- prescribing according to protocol.

I was always interested in treatment of various diseases, in drugs and in medical equipment. It was my passion and I never hesitated when choosing my career. I feel it my true calling to work as a clinical pharmacist. What’s more, I

believe to have both knowledge and personality to become a good specialist and bring value to my employer.

**Task 1. Answer the following questions**

1. What problematic situations can occur in a daily job of clinical pharmacist?
2. Why do you want to become a clinical pharmacist?
3. What subjects do you need to be a good specialist in clinical pharmacy?

**Task 2. Which of these activities do the clinical pharmacists of your training hospital participate in?**

	<u>Activities</u>	<u>yes</u>	<u>no</u>
1.	Getting the drugs the patients need		
2.	Compounding what we cannot get		
3.	Small scale manufacturing		
4.	Storing medication		
5.	Therapeutic drug monitoring		
6.	Preparing Cytotoxic and other drugs		
7.	Dispensing Drugs to Patients		
8.	Working within the therapeutic team		

**Task 3. Preparing yourself with the functions of the hospital and the pharmacy department, answer these interview questions.**

1. What would you do if a GP (physician) does not want to change a medicine you believe is not appropriate for a particular patient?
2. How would your friends describe you?
3. Where do you see yourself in five years?
4. What salary are you expecting?
5. If you were a drug, what drug would you be and why?

**TEXT 3 Biotechnologist**

**Vocabulary**

research	дослідження	animal husbandry	тваринне сільське
tissue	тканина		господарство
bacterium	бактерія	disposal	видалення
samples	зразки	perseverance	посидючість

to conduct	проводити	aptitude	здатність
body fluids	рідини організму	to engaged in	займатися
alongside	пліч-о-пліч	data	дані
human cell	людська клітина	blood	кров
tremendous	велика увага	application	застосування
attention		opportunity	можливість
equipment	обладнання	environment protection	охорона довкілля
		forensic	судовий

### ***Read and translate the text***

The choice of profession depends on your abilities. If you are good at humanities you should choose something in this field. And if you are good at natural sciences you should choose something closely connected with them. I would like to become a biotechnologist because I like chemistry and biology. So, what am I going to do in future?

Biotechnologists are researchers who use microscopic analysis and laboratory experiments to collect and analyze biological, microbiological, and biochemical data. They examine blood and tissue for signs of disease or viruses, and test the effects of different medicines on bacteria. Biotechnologists have made many discoveries that have led to improved human health. They can also work in forensic laboratories identifying and comparing materials such as blood, body fluids and hair.

What are the duties of biotechnologists? They are:

- to collect samples and conduct biological, microbiological and biochemical tests and laboratory analyses;
- to perform or assist in scientific experiments;
- to set up and maintain laboratory equipment;
- to analyze research information and prepare reports.

Duties may be related to a number of developing specialties in the field of biotechnology, including forensic sciences, genetic engineering and human cell culture.

Biotechnologists often work in sterile laboratories within research teams and alongside scientists. A great deal of time is spent working alone, over a microscope or working in front of computers. The work requires tremendous attention to detail and intense concentration.

Biotechnologists can work in:

- government agencies;
- food, chemical and drug manufacturing companies;
- biotechnology companies;

- health research facilities and natural resource companies.
- universities;
- pharmaceutical companies;

There is a great demand for biotechnical experts in countless industries and sectors. The following are applications where biotechnological techniques are used extensively: Agriculture, Animal Husbandry, Environment Conservation, Genetic Engineering, Health Care, Medicine, Industrial Research and Development.

There are a lot of career opportunities for students in biotechnology. Those specializing in different sub-disciplines of this field can easily find jobs in both private and government sectors.

These days a growing number of qualified biotechnical professionals are engaged by different industries for environment protection activities.

***Task 1. Answer the questions***

1. Who are biotechnologists?
2. What do they do?
3. What can you tell about working condition of biotechnologists?
4. Where are biotechnological techniques used extensively?
5. What are the career opportunities for students in biotechnology?

***Task2. Complete the sentences***

1. Biotechnologists are researchers who \_\_\_\_\_
2. Biotechnologists often work in \_\_\_\_\_
3. The work requires \_\_\_\_\_
4. Most biotechnologists work in \_\_\_\_\_
5. To follow biotechnology as a preferred profession, you must \_\_\_\_\_
6. Major recruiters include industries engaged in \_\_\_\_\_

***Task 3. Find in the text the English equivalents of the following words and expressions:***

- дослідники \_\_\_\_\_
- збирати та аналізувати відомості \_\_\_\_\_
- збирати зразки \_\_\_\_\_
- проводити біохімічні тести \_\_\_\_\_
- проводити наукові експерименти \_\_\_\_\_
- готувати звіти \_\_\_\_\_
- широкі можливості \_\_\_\_\_
- діяльність по захисту навколишнього середовища \_\_\_\_\_

**Task 4. Some biotechnological activities are listed below. Which of these activities do the biotechnologists participate in?**

	<u>Activities</u>	<u>yes</u>	<u>no</u>
1.	Agriculture		
2.	Animal Clothing		
3.	Environment Conservation		
4.	Industrial Engineering		
5.	Health Care		
6.	Medicine		
7.	Financial Research and Development		

### **TEXT 4 Cosmetologist**

#### **Vocabulary**

to require	вимагати	treating	лікування
diagnostics	діагноз	physiology	психологія
hairstylist	перукар-стиліст	skin	шкіра
good-looking	красивий	hair	волосся
design	дизайн	nails	нігті
ability	здібність	maintain	підтримувати
trimming	чищення	management	управління
sanitary	санітарні	blood-borne	переносиме кров'ю
salon	салон	noble	благородний
environment	оточення, навколишнє середовище	facial	лицьовий
regimens	схеми лікування	wrap	обгортати
		scissors	ножиці

#### **Read and translate the text**

There are many interesting and noble professions. I want to be a cosmetologist. I understand that it is necessary to study a lot to become a good specialist and this profession requires great responsibility and it is closely connected with medicine because it deals with the most precious thing that a person has — with his health. To be a good specialist in future means to study well at higher school. We cannot be bad specialists as we will be responsible for the protection of people's health. This aim can be achieved, but we should know many subjects.

Students take several general courses in theoretical subjects such as physics, mathematics, general chemistry, botany, physiology, etc.

Besides general subjects, students have certain special courses according to their specialization. Our University trains students in different specialties: pharmacy, economy, marketing, biotechnology, etc. Cosmetology is one of them. It is a link between medicine and pharmacy. Students who major in cosmetology master in such special subjects as skin and scalp care, anatomy, chemistry and even studies in electricity. You study various kinds of dyes and how do they interact with different types of hair. Permanent waves and hair relaxing techniques are also included in your studies. Techniques in styles for hair, such as design and shaping methods, are also being taught.

In the beauty industry, cosmetologists are more than just hairstylists – they are people on the cutting edge of trends and styles in hair and beauty techniques, and they can transform their clients from simple to spectacular in a single sitting.

Therefore, cosmetologists “are often the initiators of style and change.” As one, you must learn to cut, colour and style all types of hair, as well as do straightening, permanent waves, curling, weaves, extensions and other hair services.

Cosmetologists, also sometimes called “beauticians”. Their job description might also involve doing manicures, pedicures and nail services, and even the basics of applying makeup for customers. They should also be knowledgeable in the field of esthetics, skin care and services like facials, extractions and wraps. All these require an esthetician license to perform these services professionally. In addition, it is important to maintain a safe, clean and sanitary salon environment at all times, and being able to follow the state's procedures for blood-borne pathogen management. In addition, the clients must feel comfortable consulting with hair and nail clients, asking questions and offering suggestions to deliver the best beauty services possible. Therefore, a profession of cosmetologist requires deep knowledge in psychology.

The skills, abilities and aptitudes of a cosmetologist include: good communication and consultation skills; a creative bent and eye for good-looking design; ability to stand for lengthy periods of time; appointment scheduling and management; understanding of the effects of various beauty products; recommending product regimens to clients; cutting, trimming, colouring, perming, setting, straightening, curling, shampooing, treating, shaping, styling hair; using tools like clippers, scissors and razors; chemistry of colour and colour theory; physiology of the skin, hair and nails.

To maintain these skills and knowledge students should always be in exciting process of studying. Our university will help them in this.

**Task 1. Answer the questions**

1. What do you need to be a good specialist?
2. Why did you choose this specialty?
3. Where can you practice in future?
4. Name your future responsibilities.

**Task 2. Use the correct phrase in the situation**

a) How will you greet your customer at 10 a. m.?

\_\_\_\_\_

b) How will you greet your customer at about 3 o'clock in the afternoon?

\_\_\_\_\_

c) How can you ask a customer to sit down in a very polite way?

\_\_\_\_\_

d) What will you usually ask after greeting?

\_\_\_\_\_

e) How can you apologize for any problems?

\_\_\_\_\_

f) How can you express that you agree with a customer?

\_\_\_\_\_

g) What will you say if you do not agree with a customer?

\_\_\_\_\_

h) What will you say if you do not understand well?

\_\_\_\_\_

i) How can you express your very polite thanks to a customer?

\_\_\_\_\_

j) What will you say after customer's thanking?

\_\_\_\_\_

k) What will you say if you would like to open a window?

\_\_\_\_\_

l) How will you recommend a face massage?

\_\_\_\_\_

m) How can you express two opposite opinions?

\_\_\_\_\_

n) How will you say "no" being very polite?

\_\_\_\_\_

o) How can you express your opinion?

\_\_\_\_\_

p) What will you say to a customer leaving the salon?

\_\_\_\_\_

### **Task 3. Try to reply to a customer**

#### **Example:**

- **Customer: Good morning.**
- **You: Good morning. How can I help you?**

*Customer:* Good afternoon.

*You:* ... \_\_\_\_\_

*Customer:* Oh, you have dyed my collar, there's a stain!

*You:* ... \_\_\_\_\_

*Customer:* It's so hot in here, isn't it?

*You:* ... \_\_\_\_\_

*Customer:* Can you reshape my eyebrows, please?

*You:* ... \_\_\_\_\_

*Customer:* Where shall I have a seat?

*You:* ... \_\_\_\_\_

*Customer:* This colour goes well with my eyes, doesn't it?

*You:* ... \_\_\_\_\_

*Customer:* Will you give me advice, please? How often shall I have a mask?

*You:* ... \_\_\_\_\_

*Customer:* I wonder if it is a problem if I pay next week.

*You:* ... \_\_\_\_\_

*Customer:* Thank you very much indeed.

*You:* ... \_\_\_\_\_

*Customer:* See you next month again.

*You:* ... \_\_\_\_\_

## **TEXT 5 Laboratory diagnostician**

### ***Vocabulary***

to mean	означати	to get acquainted	знайомитися
to be responsible for	бути відповідальним за	equipment	обладнання
protection	захист	titration	титрування
ability	здібність	synthesis of compounds	синтез складових частин
to be required	бути необхідним	physician	лікар
aim	мета	to obtain	отримувати
to achieve	досягати	pathogenesis	патогенетик
according to	згідно з	a blood analysis	аналіз крові

to train	навчати	sputum	мокрота
to take a course	навчатися; (вивчати певні дисципліни)	blood transfusion station	станція переливання крові
general course	загальні дисципліни	morgue	морг
to master	опанувати	scientific research	науково –
forensic science bureau	заклад судово – медичної експертизи	institute	дослідницький інститут
sanitary	санітарно –	to comprise	містити
epidemic station	епідеміологічна станція		

### ***Read and translate the text***

To be a good specialist in future means to study well at higher school. We can't be bad specialists as we'll be responsible for the protection of people's health. Deep knowledge and all our abilities are required for our future work. This aim can be achieved, but we should know a lot of subjects.

Students take several general courses in theoretical subjects such as physics, mathematics, general chemistry, botany, physiology, etc.

Besides general subjects students have certain special subjects according to their specialization. Our University trains students in different specialities: pharmacy, economy, marketing, cosmetology, biotechnology, etc. Laboratory diagnostics is one of them. It is a link between medicine and pharmacy.

Students who major in laboratory diagnostics master in such special subjects as parasitology, technology of laboratory work, medical genetics, histology, embryology, etc.

Students have practice in hospitals and laboratories, where they get acquainted with the equipment and the work of the laboratory assistant in general. Working in the chemistry laboratory students carry out different experiments: titration and filtration of substances, separation of drug components, quantitative and qualitative analyses, synthesis of compounds, etc.

Laboratory examinations allow the physician to obtain much information about the patient's state, pathogenesis of the disease and other important parameter. Laboratory studies comprise blood, sputum and many other analyses. Nowadays it is impossible to imagine hospitals and clinics where laboratory examinations are not widely used in everyday clinical practice.

After graduating from the pharmacy higher school future specialists in laboratory diagnostics can work in laboratories, hospitals, sanatoriums, blood transfusion stations, forensic science bureaus, morgues, sanitary epidemic stations, scientific research institutes.

Laboratory diagnostician can help physicians to diagnose, to treat, to control and adjust it for every patient individually.

**Task 1. Answer the questions**

1. What do we need to be a good specialist?
2. Is it difficult to achieve this aim?
3. What courses do students take at the University?
4. What specialities are taught at our University?
5. What subjects do laboratory diagnostics students study?
6. Where do they have practice?
7. What can physician obtain in the result of laboratory examinations?
8. Where can future specialists in laboratory diagnostics work?
9. Laboratory diagnostics is a link between medicine and pharmacy, isn't it?

**Task 2. Fill in the gaps with proper words given below:**

*get acquainted    abilities    be responsible    medicine    the higher school  
examinations    pharmacy    physicians    general courses    1 special*

To be a good specialist in future means to study well at 1) \_\_\_\_\_. We can't be bad specialists as we'll 2) \_\_\_\_\_ for the protection of people's health. Deep knowledge and all our 3) \_\_\_\_\_ are required for our future work. This aim can be achieved, but we should know a lot of subjects. We take several

4) \_\_\_\_\_ in theoretical subjects such as physics, mathematics, general chemistry, botany, physiology, etc.

Besides general subjects students have certain 5) \_\_\_\_\_ subjects according to their specialization. It is a link between 6) \_\_\_\_\_ and 7) \_\_\_\_\_. Students have practice in hospitals and laboratories, where they 8) \_\_\_\_\_ with the equipment and the work of the laboratory assistant in general. Nowadays it is impossible to imagine hospitals and clinics where laboratory 9) \_\_\_\_\_ are not widely used in everyday clinical practice. Laboratory diagnostician can help 10) \_\_\_\_\_ to diagnose, to treat, to control and adjust it for every patient individually.

**Task 3. Make up sentences with the following words:**

- 1) *to be a good specialist*      2) *subject*      3) *to carry out an experiment*  
4) *synthesis of compounds*      5) *quantitative and qualitative analyses*

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

**Task 4. Write questions according to answers:**

1. \_\_\_\_\_?

Students get acquainted with the equipment and the work of the laboratory assistant in general.

2. \_\_\_\_\_?

After graduating from the pharmacy higher school future specialists in laboratory diagnostics can work in laboratories, hospitals, sanatoriums, blood transfusion stations, forensic science bureaus, morgues, sanitary epidemic stations, scientific research institutes.

3. \_\_\_\_\_?

Laboratory examinations allow the physician to obtain much information about the patient's state, pathogenesis of the disease and other important parameter.

4. \_\_\_\_\_?

Working in the chemistry laboratory students carry out different experiments: titration and filtration of substances, separation of drug components, quantitative and qualitative analyses, synthesis of compounds.

**Task 5. Make a report on the topic "My future speciality".**

**You may start from the following phrases:**

*My name is ...*

*I am from ...*

*I am 18...*

*I study at...*

*In future I ...*

## ***TEXT 6 Economist***

### ***Vocabulary***

knowledge	знання	research	дослідження
decision	рішення	charity	благодійність
based upon	основані на	afterwards	згодом
field	поле діяльності	broad outlook	велика перспектива
matters	справи	to encourage	заохочувати
theory	теорія	desire	бажанні
management	управління	a blind choice	вибір наосліп
trade	торгівля	to opt for	обирати
communication	спілкування	to arise	виникати
well-paid	добре оплачувана	to be concerned	бути зацікавленим
		to justify the hopes	виправдовувати
		of my parents	сподівання батьків

### ***Read and translate the following text***

There are many interesting and useful professions and it is not an easy task to choose the right one.

I began to think about my future profession at the age of 15. My favorite subjects at school were mathematics and English. My teachers were well-educated people with broad outlook and deep knowledge of the subjects. They encouraged me in my desire to become an economist.

Economics is the science of making choices, which is based upon the facts of our everyday life. Economists study our everyday life and the system, which affects it. They try to describe the facts of the economy in which we live and to explain how the system works. The science of economics is concerned with all our material needs and wants.

To become a good specialist in economic matters and business one must know many sciences, such as business economics, finance and credits, statistics, history of economic theory and philosophy, mathematics, as well as economic management, trade business and, of course, marketing, which is a modern philosophy of business.

It is very important for a specialist in business matters to be a skillful user of computers and to speak at least one foreign language. It should better be English as it is the most popular language of international business communication. You'll be able to follow business developments in the world by listening to radio and TV news, by reading newspapers or magazines, or by getting in contact with your business partners abroad.

Maybe I should consider a job in a world of banking or running business in pharmaceutical area. There is a surprisingly wide range to choose from, in the financial world. For example, I could work for a big international company, run my own company, write about economics as a financial journalist, run my own International Business Research Agency, raise money for charities or just sell famous paintings.

**Task 1. Answer the questions**

1. What do you need to be a good specialist?
2. Why did you choose this specialty?
3. Where can you practice in future?
4. Name your future responsibilities.

**Task 2. Use of English. Put an appropriate word into the gaps**

It is very important for a specialist in business (1) \_\_\_\_\_ to be a skillful user of (2) \_\_\_\_\_ and to speak at least one foreign language. It should better be English as it is the most popular language of international (3) \_\_\_\_\_ communication. You will be able to follow business developments in the world by listening to radio and TV news, by reading newspapers or magazines, or by getting in (4) \_\_\_\_\_ with your business partners abroad.

- |                 |                    |               |
|-----------------|--------------------|---------------|
| 1. a. cases     | b. matters         | c. companies  |
| 2. a. computers | b. TV - programmes | c. books      |
| 3. a. trade     | b. business        | c. market     |
| 4. a. touch     | b. contact         | c. connection |

**Task 3. Familiarize yourself with future job applications and answer the following questions.**

**QUESTIONS:**

**(Choose the best response for each one)**

1. When did you start your current \_\_\_\_\_ (= job)?  
position  
place  
work
2. I left my last job because I felt that they did not recognize my  
\_\_\_\_\_.  
accomplishments

accommodations

acclimation

3. I've always been a team \_\_\_\_\_. (= I've always worked well with other people)  
play  
worker  
player
4. I believe I'm a good \_\_\_\_\_ for this position.  
fitness  
fit  
man
5. Tell me a little about your \_\_\_\_\_ job (= your last job).  
past  
finished  
previous
6. I developed good communication skills \_\_\_\_\_ as a customer service representative.  
while working  
when working  
by working
7. What does "rep" stand for?  
representative  
republican  
reprimand
8. You shouldn't discuss salary until the interviewer \_\_\_\_\_ (= starts talking about it).  
brings up  
brings it on  
brings it up
9. An interviewer might ask you what your "salary \_\_\_\_\_" are. This is the formal way of asking how much money you require.  
needs

requirements  
desires

10. Many companies want to hire someone who can \_\_\_\_\_ well.  
take pressure/stress  
handle pressure/stress  
get pressure/stress
11. You should always make the employer feel like you have \_\_\_\_\_.  
much to give  
a lot to offer  
to offer
12. The interviewer asked me if I'm good at meeting \_\_\_\_\_ (= getting things done at the required time).  
borders  
new people  
deadlines
13. Did you send a \_\_\_\_\_ letter to the person who interviewed you?  
thanks  
thank you  
thanks a lot
14. When an employer asks you how you see yourself five years from now, she wants to know about your \_\_\_\_\_.  
career goals  
working goals  
work ideas
15. Can you explain the \_\_\_\_\_ (= missing time) in your employment history?  
gap  
blank  
space
16. Do you prefer working alone or \_\_\_\_\_?  
in team

with a team  
in a team

17. The employer asked Karen about what motivates her to "go the extra mile" on a project. In this context, to "go the extra mile" means \_\_\_\_\_:  
to do more than is necessary  
to become very tired  
to run hard
18. I'm sorry but you're just not \_\_\_\_\_ enough for this position.  
qualified  
qualification  
quality
19. When you make the decision to leave a job it's called "quitting" - When your boss makes that decision because of something bad that you've done, it's called "being \_\_\_\_\_". ex. John was \_\_\_\_\_ for stealing a stapler.  
fire  
fired  
thrown
20. When you are told to leave a job because there's not enough work, money, etc. to keep you there, it's called "being \_\_\_\_\_". ex. Our company \_\_\_\_\_ 20 workers last summer.  
left  
fired  
laid off

***Task 4. Look at the following situations. Choose one situation to practice with your partner. Take turns practicing both roles. Try to practice as many situations as you can.***

- A. Lee, an economics student, had joined an English summer camp with the Language Institute. Duangjai, a student from the same university, is interested in joining the same program. She interviews Lee informally on what the summer camp is like.

- B. Ken is planning to open a small Japanese restaurant if he has to quit his job. He would like to know what people like about Japanese restaurants. He interviews one of his close friends on his/her expectation of the food, service, and ambiance in a good Japanese restaurant.
- C. David, an American sophomore who is studying in the Faculty of Economics in his hometown, wants to know more about Thai educational system, especially how to get into a good Thai university. He interviews one of his Thai friends, Siridara, who is a sophomore in the Faculty of Economics.
- D. Tom, an economics student, has applied for a part-time job as a librarian's assistant. Brian, the head of the library, interviews Supoj about his schedule and his ability to use a computer.

## **OUTSTANDING SCIENTISTS**

### **TEXT 1 S.P. BOTKIN**

#### **Vocabulary**

to be interested in	цікавитися
to graduate from	закінчувати навчальний заклад
to organize	організувати
well – equipped	повністю обладнаний
achievement	досягнення
physician	лікар
surgeon	хірург

#### **Read and translate the text**

S.P. Botkin was born on September 17, 1832. After finishing one of the Moscow schools, he entered the medical Faculty of Moscow University. Botkin was interested in medicine very much and soon became one of the best students. After graduating from the Medical Faculty in 1855 Botkin went to the Crimea where he worked as a physician at the Simferopol Military Hospital under the direction of the well – known Russian surgeon Pirogov. In 1860 Botkin began working at the Medico-Surgical Academy in Petersburg. In 1861 he became a

professor of the Therapeutic Clinic at the Academy. He worked hard. He organised a well – equipped physiological laboratory for clinical experiments. One of his greatest achievements was his theory of nevrosim, which is the most progressive theory in clinical medicine. Botkin was not only a brilliant scientist, but an excellent teacher too.

Many of his pupils became famous physicians and worked at the Russian Universities as professors. During his whole life he has never stopped working for the goods of the Russian people. His name is one of the most famous names in medicine and it will be always remembered in the history of Russian science.

### **Task 1. Answer the questions**

1. Where was Botkin born?
2. Did he enter the Medical Faculty of Moscow University?
3. Was Botkin interested in medicine?
4. When did Botkin go to the Crimea?
5. When did Botkin begin working at the Medico-Surgical Academy?
6. When did Botkin become a professor of the Therapeutic Clinic at the Academy?
7. Did Botkin organise a well – equipped physiological laboratory for clinic experiments?
8. Was Botkin an excellent teacher for his pupils?
9. Did Botkin’s pupils become famous physicians?
10. Will Botkin be remembered by the people of our country?

### **Task 2. Find the synonym in other column**

- |                      |                                    |
|----------------------|------------------------------------|
| 1. to enter          | a) to get outstanding              |
| 2. to go to          | b) scholar                         |
| 3. to begin          | c) institution of higher education |
| 4. to organise       | d) outstanding                     |
| 5. scientist         | e) best                            |
| 6. famous            | f) to set up                       |
| 7. achievement       | g) to start                        |
| 8. university        | h) endeavour                       |
| 9. excellent         | i) to leave for                    |
| 10. to become famous | j) to be admitted to               |

**Task 3. Fill in the gaps.**

1. They ... their work at two yesterday.  
a) finish                      b) finished                      c) finishes                      d) finishing
2. He ... the Medical Faculty of Moscow University tomorrow.  
a) would enter              b) doesn't enter              c) will enter                      d) don't enter
3. ... she interested in learning the chemistry every single day?  
a) are                              b) am                              c) was                              d) is
4. We are ... to the Crimea by bus now.  
a) went                              b) go                              c) going                              d) gone
5. I have just ... from the University.  
a) graduate                      b) graduated                      c) graduating                      d) graduates
6. ... he work at the Medical Faculty tomorrow?  
a) won't                              b) doesn't                              c) didn't                              d) don't
7. They ... the pharmacists two days ago.  
a) become                              b) becomes                              c) becoming                              d) became
8. How many laboratories ... we already organised?  
a) had                              b) have                              c) has                              d) did
9. What amount of achievements are they ... now?  
a) making                              b) made                              c) makes                              d) make
10. The scientists ... remember about it for the rest of their life.  
a) does                              b) do                              c) done                              d) will

**Task 4. Make up questions to sentences.**

1. \_\_\_\_\_?  
I finished work at two o'clock yesterday.
2. \_\_\_\_\_?  
You will enter the University in a year.
3. \_\_\_\_\_?  
We work at chemist's shop every single day.
4. \_\_\_\_\_?  
They will become the pharmacists tomorrow.
5. \_\_\_\_\_?  
He organises laboratory frequently.
6. \_\_\_\_\_?  
She became famous pharmacist three days ago.

7.  
\_\_\_\_\_?  
He has never worked at the chemist's shop.
8.  
\_\_\_\_\_?  
They will remember about the chemistry constantly.
9.  
\_\_\_\_\_?  
I don't begin working at the laboratory.
10.  
\_\_\_\_\_?  
You don't go to the Crimea every single year.
11.  
\_\_\_\_\_?  
We didn't stop in the street.
12.  
\_\_\_\_\_?  
She didn't graduate from the University last year.

## **TEXT 2 ALEXANDER FLEMING**

### **Vocabulary**

drugs	ліки
to use	використовувати
to allow	дозволити
to grow	рости
to determine	визначити
tissue	тканина
to place	розміщувати
to extract	видобувати
to receive	отримати
everywhere	усюди
to save	рятувати
mould	пліснява

### **Read and translate the text**

A. Fleming was born in 1881. He did research work at one of the hospitals in London and became interested in bacterial action and antibacterial drugs. One day

Fleming's assistant brought him a plate on which was a colony of dangerous bacteria. "This plate cannot be used for experiment, - said the assistant – There some mould has formed on it. I shall take another plate". Fleming was ready to allow his assistant to do so. Then he looked at the plate and saw that there were no bacteria around the mould. Fleming began studying that phenomenon. He placed some mould on other plates. He succeeded in getting new substance. By means of numerous experiments on animals he determined that this new substance was no toxic to the tissues and it stopped the growth of the most common pathogenic bacteria.

Fleming called this substance penicillin. He carried out many investigations and a method of extracting pure penicillin was found. Fleming received the Noble Prize for his great discovery. But he said : "Everywhere I go people thank me for saving their lives. I do not know why they do it. I didn't do anything. Nature makes penicillin. I only found it."

### **Task 1. Answer the questions**

1. When was Fleming born?
2. Where did he do his research work?
3. What did Fleming's assistant bring him?
4. Did Fleming allow his assistant to take another plate?
5. Did Fleming place some mould on the other plates?
6. What did he determine?
7. Did new substance stop the growth of the most common pathogenic bacteria?
8. How did Fleming call this substance?
9. What kind of method of extraction of penicillin did Fleming find?
10. How many investigations did Fleming carry out?
11. Did Fleming receive the Noble Prize?

### **Task 2. Find the synonym in other column**

- |                 |                |
|-----------------|----------------|
| 1. to use       | a) to rescue   |
| 2. another      | b) throughout  |
| 3. to say       | c) to get      |
| 4. to allow     | d) to pull out |
| 5. to begin     | e) usual       |
| 6. numerous     | f) to define   |
| 7. to determine | g) listless    |
| 8. common       | h) to start    |
| 9. to extract   | i) to let      |

- |               |             |
|---------------|-------------|
| 10.to receive | j) to tell  |
| 11.everywhere | k) other    |
| 12.to save    | l) to apply |

**Task 3. Fill in the gaps**

1. They ... research work at the laboratory yesterday.  
a) does                      b) do                      c) did                      d) done
2. How many plates did he ... to lessons?  
a) bringing                      b) bring                      c) brought                      d) brings
3. She will ... a lot of words to people in the street tomorrow.  
a) said                      b) saying                      c) to say                      d) say
4. Why isn't the teacher... the students to enter the classroom now?  
a) allowing                      b) allow                      c) allowed                      d) allows
5. Does mould ... in the bacteria?  
a) grows                      b) grew                      c) growing                      d) grow
6. Has he ever ... the new substance?  
a) determine                      b) determined                      c) determines                      d) determining
7. The growth of the bacteria will ... in a few years.  
a) stop                      b) stopped                      c) stopping                      d) stops
8. The scientists are ... penicillin out of mould now.  
a) extracting                      b) extract                      c) extracted                      d) extracts
9. They haven't ... the Noble Prize yet.  
a) receive                      b) receiving                      c) receives                      d) received
- 10.Does Nature ... penicillin?  
a) made                      b) making                      c) makes                      d) make

**Task 4. Make up question to sentence**

1.  
\_\_\_\_\_?  
Every single student becomes interested in chemistry.
2.  
\_\_\_\_\_?  
He brought several plates to the laboratory.
3.  
\_\_\_\_\_?  
This experiment will differ from other ones.
4.  
\_\_\_\_\_?  
The teacher doesn't allow students to enter the classroom.

5.

\_\_\_\_\_?  
We are looking at the bacteria now.

6.

\_\_\_\_\_?  
I won't study this phenomenon in the future.

7.

\_\_\_\_\_?  
The scientists didn't stop the growth of the bacteria.

8.

\_\_\_\_\_?  
This new substance is toxic to the tissues.

9.

\_\_\_\_\_?  
He is using the method of extracting pure penicillin now.

10.

\_\_\_\_\_?  
Penicillin saved a lot of lives.

### TEXT 3 I.P. PAVLOV

#### Vocabulary

to teach	навчати
to discover	виявити
several	декілька
during	упродовж
lecturer	викладач
to study	вивчати
skillful	досвідчений
necessary	необхідний
to recover from	поновлюватися від
near	біля
contribution	внесок
digestive system	травна системи
surgeon	хірург

#### Read and translate the text

Ivan Petrovich Pavlov was born on September 14, 1849 in Ryazan. When he was still a very little boy he helped his father on his farm. His father taught him to

read books. In 1870 Pavlov entered Petersburg University to study natural sciences. Soon he decided to become a physiologist himself. During his work at the Academy Pavlov discovered several new facts about the blood pressure. In 1890 Pavlov began to lecture on physiology in the Military Academy. Many of Pavlov's ideas were new to the students and he was a very popular lecturer. Pavlov studied the work of the digestive system. He made many experiments on dogs.

Pavlov never operated unless it was really necessary and he used anesthetics constantly. He was very skillful surgeon and the dogs generally recovered very quickly. After the Great October Revolution Pavlov was given a splendid new laboratory near Leningrad. Large sums of money were spent on this laboratory. Pavlov made great contribution to medical science.

### **Task 1. Answer the questions**

1. When was Pavlov born?
2. Did his father teach him to read?
3. Did Pavlov help his father on the farm?
4. When did Pavlov enter the Petersburg University?
5. What subjects did Pavlov study at University?
6. What facts did Pavlov discover about blood pressure?
7. How many experiments on dogs did Pavlov make?
8. Did Pavlov use anesthetics during operations?
9. Did dogs recover quickly from operation?
10. When did he get a new laboratory?

### **Task 2. Find the synonym in other column**

- |             |                     |
|-------------|---------------------|
| 1. little   | a) big              |
| 2. to teach | b) fast             |
| 3. to enter | c) experienced      |
| 4. during   | d) to apply         |
| 5. several  | e) a few            |
| 6. to begin | f) small            |
| 7. to use   | g) in the course of |
| 8. skilful  | h) to come in       |
| 9. quickly  | i) to learn         |
| 10. large   | j) to start         |

### **Task 3. Fill in the gaps**

1. The little boy will ... his father on the farm tomorrow.  
a) helped                      b) help                      c) helping                      d) helps

2. They are ... the books now.  
a) read                      b) reads                      c) reading                      d) read
3. The science ... many matters.  
a) consists of              b) consisting of              c) consist of                      d) consisted of
5. The lecturer ... a lecture on chemistry to students yesterday.  
a) will give                      b) gives                      c) give                      d) gave
6. The blood pressure of the person has just ... down.  
a) brings                      b) brought                      c) bringing                      d) bring
7. The lesson will ... in two hours.  
a) begins                      b) begun                      c) begin                      d) beginning
8. The surgeon ... on dogs every single day.  
a) operates                      b) operated                      c) operate                      d) operating
9. The dog always ... from operation.  
a) recovering                      b) recovers                      c) recover                      d) recovered
10. They are ... the laboratory now.  
a) equipped                      b) equip                      c) equipping                      d) equips
11. He will ... the great contribution to the chemistry in the future.  
a) makes                      b) making                      c) made                      d) make

**Task 4. Make up question to sentence**

1.  
\_\_\_\_\_?

He studies natural sciences at University.

2.  
\_\_\_\_\_?

He helped his father yesterday.

3.  
\_\_\_\_\_?

He has just entered the University.

4.  
\_\_\_\_\_?

They will become the physiologists in a year.

5.  
\_\_\_\_\_?

The digestive system doesn't work.

6.  
\_\_\_\_\_?

I used anaesthetics during operation two days ago.

7.

\_\_\_\_\_?  
We are not skillful surgeons.

8.

\_\_\_\_\_?  
The dog will recover from operation in a quickest way.

9.

\_\_\_\_\_?  
The laboratory was located in Leningrad.

10.

\_\_\_\_\_?  
She will spend a lot of money on research.

#### **TEXT 4 N.D. ZELINSKY**

#### **Vocabulary**

to return	повертатися
to find	дізнатися
arrival	прибуття
to appoint	призначати
chair	кафедра
to mark	відмічати
various	інший
to carry out	виконувати
recognition	визнання
to prepare	приготувати
to invent	винаходити
to build	будувати
outstanding	відомий
to award	нагороджувати
to find	знаходити
charcoal	деревне вугілля

#### **Read and translate the text**

N.D. Zelinsky was born on February 6, 1861 in Tiraspol. He graduated from the University in Odessa in 1884. In 1885 he was sent abroad to have practice in research work. After returning he gave lectures in general chemistry at the same University. In 1893 he came to Moscow. Mendeleev found out about his arrival

and the scientists met. Mendeleev helped him and Zelinsky was appointed a professor at Moscow University in the chair of analytical and organic chemistry. That year marked the beginning of Zelinsky's various activities at Moscow University where he worked to the last days of his life. One of his works carried out at the period brought him national recognition.

Zelinsky was the first to prepare the activated charcoal and invent the Zelinsky's universal charcoal gasmask. In 1934 took an active part in the organisation of the Institute of Organic Chemistry. Several principal parts in organic chemistry were found and developed by Zelinsky. He built a large school of his own and educated a real army of chemists. For his outstanding activities Zelinsky was awarded the highest orders. He died on July 31, 1953 at the age of 92.

### **Task 1. Answer the questions**

1. When was Zelinsky born?
2. What University did he graduate from?
3. Was he sent abroad?
4. Where did he give lectures after returning?
5. How did Mendeleev help Zelinsky?
6. What did Zelinsky prepare ?
7. Did Zelinsky organize Institute of Organic Chemistry?
8. What did Zelinsky develop at University?
9. What did he build?
10. When did he die?

### **Task 2. Find the synonym in other column.**

- |                      |                 |
|----------------------|-----------------|
| 1. to find out about | a) to get ready |
| 2. to arrive         | b) big          |
| 3. chair             | c) famous       |
| 4. to help           | d) basic        |
| 5. beginning         | e) to construct |
| 6. to prepare        | f) to devise    |
| 7. to invent         | g) to recognize |
| 8. principal         | h) to assist    |
| 9. to build          | i) start        |
| 10. large            | j) to come      |
| 11. outstanding      | k) department   |

### Task 3. Fill in the gaps

1. They ... University two days ago.  
a) graduate from    b) graduating from    c) graduated from    d) graduates from
1. He is ... a letter to granny now.  
a) sent                      b) send                      c) sends                      d) sending
2. We ... lectures to students every single day.  
a) gives                      b) give                      c) giving                      d) gave
4. I ... him all day long yesterday.  
a) was helping    b) helped                      c) helps                      d) help
5. She ... never ... him as a professor before.  
a) had appoint    b) has appoint    c) had appointing    d) has appointed
6. The people ... here at five tomorrow.  
a) would work    b) will be working    c) will be work    d) would have work
7. They ... preparing charcoal since morning.  
a) have been                      b) has been                      c) had been                      d) was
8. What ... a charcoal gasmask consist of?  
a) do                      b) did                      c) done                      d) does
9. They ... build a school next year.  
a) was                      b) will                      c) shall                      d) has
10. The teachers ... the students yesterday.  
a) award                      b) awarded                      c) awarding                      d) awards

### Task 4. Make up question to sentence

1.  
\_\_\_\_\_?  
He had practice at pharmaceutical plant.
2.  
\_\_\_\_\_?  
They will find out about this invention tomorrow.
3.  
\_\_\_\_\_?  
We are helping him now.
4.  
\_\_\_\_\_?  
I have never prepared the charcoal gasmask.
5.  
\_\_\_\_\_?  
She takes part in organisation of competition.

6.  
\_\_\_\_\_?  
We will be developing project from seven to ten tomorrow.
7.  
\_\_\_\_\_?  
He was building the house all day yesterday.
8.  
\_\_\_\_\_?  
They are awarding him now.
9.  
\_\_\_\_\_?  
She died of cancer.
10.  
\_\_\_\_\_?  
We returned to the town three days ago.

## CHEMISTRY LABORATORY

### Vocabulary

to be supplied with = to be equipped with	бути обладнаним
laboratory vessel	лабораторний посуд
bench	лабораторний стіл
rack	вузька полиця, підставка
hood	витяжна шафа
glassware for general use	скляний хімічний посуд загального користування
glassware for special use	скляний хімічний посуд спеціального користування
glassware for measuring	скляний хімічний посуд для вимірювання
test-tube	пробірка
beaker = measuring glass	хімічна склянка
flask	колба
long-necked	довгогорла
short-necked	короткогорла
flat-bottomed	плоскодонна
round-bottomed	круглодонна
blank-volumetric	неградуйована
	відносна

suction	лійка аналітична
analytical funnel	крапельна
drop	фільтрувальна
filter	розподільна
separating	мірний циліндр
graduated cylinder	бюретка
burette	піпетка
pipette	аналітичні ваги
analytical balance	пальник
burner	сушильна шафа
drying cabinet	

### **Read and translate the text**

Students of our National University of Pharmacy often have practical classes in chemistry laboratories.

A chemistry laboratory is a large, light and specially equipped room where different experiments are carried out. Every chemistry laboratory should be supplied with gas and water. The air in this room should be well ventilated, because some substances have strong, unpleasant odor and are harmful.

The laboratory is equipped with benches, shelves, racks, laboratory vessels, glassware and utensils of all kinds, drying cabinets, hoods etc. The laboratory vessels and glassware are divided into three groups: for general and special use and glassware for measuring.

Glassware for general use includes test tubes, funnels (analytical, drop and filter); flasks of different shapes and sizes (long-necked, short-necked, round-bottomed, flat-bottomed, volumetric, suction etc.) and beakers.

Special glassware includes things necessary for carrying out different analysis, for example, to determine the molecular weight, melting and boiling points.

Glassware for measuring includes burettes, pipettes, graduated cylinders, measuring glasses, volumetric flasks etc.

The chemistry laboratory is also equipped with different apparatuses and instruments, burners, analytical balance, distillatory, refrigerators, microscopes etc. Burettes are for the very accurate measurement of volumes as in volumetric analysis. Volumetric flasks are used to measure specific volumes accurately, especially for preparing solutions in quantitative analysis. Pipettes provide a means for the greatest accuracy in measuring volume. Usually a pipette is used to measure only one specific volume.

The most universally used solvent is water. It is often used after distillation. Distilled water is contained in large bottles.

When students come to work to the chemistry laboratory. They put on white gowns and caps and wash their hand thoroughly before and after work. The work in the chemistry laboratory requires cleanliness.

### **Task 1. Answering the question about the chemical laboratory**

1. Do you often work in the chemistry laboratory?
2. What groups of glassware do you know?
3. What kinds of flasks are there in the laboratory?
4. What kinds of funnels can you name?
5. What is used for more accurate measurements?
6. Where is distilled water contained?
7. What should students put on when they work in the chemistry laboratory? Why?
8. What does work in the chemistry laboratory require?

### **Task 2. Combine the words of two columns**

blank	cylinder
graduated	point
measuring	volumetric
analytical	glass
drying	weight
molecular	cabinet
boiling	balance

### **Task 3. Fill the gaps**

equipped	includes	flasks	cleanliness
supplied	measuring	distilled	

1. Every chemistry laboratory is ... gas and water.
2. The laboratory is ... benches, shelves, racks, etc.
3. Here you can see glassware for ... use: test-tubes, flasks, beakers, etc.
4. The glassware for ...: is burettes, pipettes, measuring glasses, etc.
5. Volumetric ... are used to measure specific volumes.
6. ... water is contained in large bottles.
7. The work in the chemistry laboratory requires....

## CHEMIST'S SHOP

### Vocabulary

therapeutic tools	терапевтичні засоби
to affect	впливати
to compound	виготовляти, складати
to dispense	фасувати, відпускати
to store	зберігати
prescription department	рецептурний відділ
chemist's department	відділ готових ліків
immediate	миттєвий
cough	кашель
headache	головний біль
flu	грип
cold	застиуда
manager	завідуючий аптеки
dispensing pharmacist	рецептар
medication	лікарський засіб
replenishing	поповнення

### Read and translate the text

The production and sale of drugs is a big business in many countries. Drugs affect and alter health. So they play a prominent role in society, as well as drug industry as a whole. This role includes discovery of new drugs, their development into useful therapeutic tools and production and distribution of existing medicines.

Nowadays most drugs are prepared by pharmaceutical manufacturers and are distributed to the chemist's shops or hospitals in suitable dosage forms.

A chemist's shop is a specialized shop where drugs are compounded, dispensed, stored and sold. An average chemist's shop has a hall for visitors, departments for selling drugs and proper working rooms. There are usually two departments in a large chemist's shop. At the chemist's department one can have a medicine immediately, other drugs have to be ordered at the prescription department.

A chemist's shop also has an assistant room, a room for washing, drying and sterilization, an analytical laboratory, a room for dispensing medicines, a room for storing. There are some requirements for the storage of drugs. The drugs for immediate use should be kept in refrigerators. Some drugs should be stored in cool place and protected from light.

At the chemist's medicines are distributed according to the therapeutic effect: drugs for cough, cardiac medicines, drugs for headache, flu and cold, antihypertensive and antihypotensive remedies.

Because of his knowledge the pharmacist should provide information required for the safe and effective use of both prescription and over - the - counter medications when supplying them to patients. The pharmacist serves as an information source of all aspects of drugs to his colleagues in the medical, dental and nursing professions.

The personnel of a chemist's shop consists of a manager, who is the head of it, a dispensing pharmacist, who takes prescription and delivers drugs, a chemist controlling the prescription, a chemist – analyst controlling the effectiveness of the drugs prepared. There is also a pharmacist who is in charge of the supply of the necessary medications and its replenishing.

### **Task 1. Answer the questions**

1. Why is drug industry a big business in many countries?
2. What kind of role do drugs play in society?
3. Where are most drugs produced nowadays?
4. How are they distributed?
5. What is a chemist's shop?
6. What departments and rooms does an average chemist's shop include?
7. What drugs are sold there?
8. What dosage forms do you know?
9. Where are drugs kept at the chemist's shops?
10. What information can pharmacist provide people with?

### **Task 2. Find the synonym in other column**

- |                   |                 |
|-------------------|-----------------|
| 1. drug           | a) to produce   |
| 2. big            | b) consumers    |
| 3. to distribute  | c) suitable     |
| 4. to include     | d) at once      |
| 5. to affect      | e) to write out |
| 6. to prepare     | f) as well as   |
| 7. to manufacture | g) to demand    |
| 8. visitors       | h) to apply     |
| 9. proper         | i) spot         |
| 10. immediately   | g) medicine     |
| 11. to prescribe  | k) large        |
| 12. also          | l) to spread    |

13.to require	m) to consist of
14.to use on	n) to have impact
15.place	o) to get ready
16.to supply	p) to run
17.source	q) origin
18.to be in charge of	r) to provide

### Task 3. Fill in the gaps

- The discovery of the new drugs ... the important role nowadays.  
a) play                      b) plays                      c) played                      d) playing
- The cardiac medicines ... his heart a lot. His heart didn't ache any more.  
a) affected                      b) affect                      c) affects                      d) affecting
- The development of the drugs will ... successful in the future.  
a) are                      b) is                      c) be                      d) being
- The therapeutic tools are ... everywhere at every single chemist's shop.  
a) use                      b) used                      c) using                      d) uses
- The pharmacist is ... the new drug by order at the chemist's shop now.  
a) preparing                      b) prepared                      c) prepares                      d) prepare
- ... there proper working rooms at every single chemist's shop?  
a) were                      b) was                      c) is                      d) are
- How many departments ... the chemist's shop have?  
a) do                      b) does                      c) did                      d) are
- Will they ..... the medecines in the refrigerator of the chemist's shop?  
a) stored                      b) store                      c) storing                      d) stores
- Do requirements for the storage of the drugs ... at the chemist's shop?  
a) exists                      b) exist                      c) existing                      d) existed
- The pharmacist always ... the customers with drugs.  
a) supplying                      b) supplied                      c) supplies                      d) supply

### Task 4. Make up questions to sentences.

- \_\_\_\_\_?  
I had a headache yesterday.
- \_\_\_\_\_?  
He stores the medicines in the refrigerator.
- \_\_\_\_\_?  
She will dispense drugs to consumers at the chemist's shop tomorrow.

4. \_\_\_\_\_ ?  
We recovered from flu two days ago.
5. \_\_\_\_\_ ?  
You work at the prescription department every day.
6. \_\_\_\_\_ ?  
They will be in charge of replenishing of drugs at the drug's store.
7. \_\_\_\_\_ ?  
I don't compound the medicines.
8. \_\_\_\_\_ ?  
We won't sell medications tomorrow.
9. \_\_\_\_\_ ?  
She didn't include the new drugs to pricelist.
10. \_\_\_\_\_ ?  
We don't require assistance from anybody.
11. \_\_\_\_\_ ?  
You won't work in proper working rooms.
12. \_\_\_\_\_ ?  
They didn't prepare a lot of drugs.

## **DRUG ANNOTATION STRUCTURE OF THE ANSWER**

### **Vocabulary**

composition	склад
to be indicated	призначати
to be contraindicated	протипоказано
stated dose	призначена доза
shelf – life	термін придатності
to contain	містити

The name of this drug is....

It is produced in the form of... (tablets, drops, suppositories, etc.).

The composition of this drug is....

It is indicated for....

One should take this drug....

The dosage for adults is ... and for children is...

The drug is contraindicated for the patients with ... / In general there are contraindications, but it is better to consult your doctor before taking this drug.

The stated dose is not to be exceeded.

The side - effects of this drug are ... / There are no side - effects.

This drug should be stored ... (in a dry, cool, dark place).

It should be kept out of the reach of children.

The shelf - life of this drug is....

One package contains....

## **Coldrex Tablets**

### **Vocabulary**

stuffy nose	закладений ніс
medical advice	медичні консультації
to persist	повторюватися
storage	зберігання
to reach	досягати
to exceed	перевищувати
flu	грип

### **Description**

“Coldrex Tablets” are particularly effective against the symptoms of colds and flu because they are made to the special Coldrex formula. They contain the full-recommended dose of paracetamol to ease aches and pains and to lower your temperature. There’s phenylephrine to clear a stuffy nose. We’ve also added caffeine, mild stimulant to keep you going through your cold, and vitamin C - an essential vitamin your body often lacks during colds and flu.

### **Indications**

“Coldrex Tablets” are indicated for the relief of the symptoms of cold and flu.

### **Administration**

At the first sign of cold or flu, take “Coldrex Tablets” with water or a warm drink. To obtain maximum relief take “Coldrex” for the full course of your cold.

## Dosage

ADULT: take 2 tablets up to 4 times a day.

CHILDREN 6-12 years: Take 1 tablet up to 4 times a day. Not suitable for children under 6 years of age.

## Precautions

Not to be given to children under 6 years of age except on medical advice.

## Do not take with other products containing paracetamol

### Contraindications

An allergic reaction to “Coldrex” is encountered very rarely.

### *Do not exceed the stated dose!*

Some medicines do not combine. If you are receiving medicine from your doctor, ask his advice before taking “Coldrex”. If symptoms persist, consult your doctor.

## Storage

Store in dry place.

Keep out of the reach of children.

### Task 1. Fill the gaps

particularly	temperature	added
contain	keep	lacks

“Coldrex Tablets” are ... effective against the symptoms of colds and flu because they are made to the special Coldrex formula. They ... the full-recommended dose of paracetamol to ease aches and pains and to lower your ... There’s phenylephrine to clear a stuffy nose. We’ve also ... caffeine, mild stimulant to ... you going through your cold, and vitamin C - an essential vitamin your body often ... during colds and flu. Contains paracetamol.

## Paracetamol

Analgesic; antipyretic

## Vocabulary

frequent

частий

decade

десятиліття

measuring spoonful

мірна ложка

measuring capful

мірний ковпачок

respectively

відповідно

contraindication

протипоказання

renal insufficiency

ниркова недостатність

### General

The most frequent and thus most important analgesics applied by the doctor daily have been in use for decades. One of them is Paracetamol. It is distinguished by good analgesic and antipyretic properties and is well tolerated.

### Composition

One tablet contains Paracetamol BP 500 mg;

One suppository contains Paracetamol BP 250 mg;

One measuring spoonful/measuring capful mixture (5ml) contains 120 mg and 200 mg respectively.

### Indications

Any attacks of pain, such as headache, toothache, earache, -muscular pain, arthritis pain, traumatic pain, and post-operative pain, feverish conditions with grippal infections and other infectious diseases.

### Contraindications

Severe renal insufficiency; caution with damaged liver.

### Side Effects

Side effects are not to be expected when Paracetamol is administered in therapeutic doses. Avoid overdose and long-term treatment.

### Administration and Dosage

Tablets: children (above 6 years) ½ -1 tablet; adults 1-2 tablets.

Suppositories: infants 1-6 years one suppository.

Mixture: babies (2<sup>nd</sup>-12 month) ½ -1 measuring spoonful/measuring capful.

The analgesic and antipyretic effect sets in after 30 min and will last for 3 to 4 hours.

### Storage

Tablets: No special requirements.

Suppositories: Storing temperature is not above 25 C.

Mixture: Protected from light.

Task 1. Make sentences with the following words:

overdose \_\_\_\_\_

therapeutic doses \_\_\_\_\_

requirement \_\_\_\_\_

damaged liver \_\_\_\_\_

infectious diseases \_\_\_\_\_

## GOOD HEALTH

### *Vocabulary*

definition	поняття
sickness	хвороби
enough	достатньо
to promote	сприяти
healthy diet	здорове харчування
high in fiber	багатий на клітковину
beans	бобові
grains	зернові
to decrease	зменшувати
cancer	рак (хвороба)
heart disease	хвороби серця
diabetes	діабет
to avoid	уникати
fat	жир
to lead to	призводити до
variety	розмаїття
obesity	ожиріння
to remove	позбавлятися, видаляти
to fight against	боротися з
to reduce	зменшувати
living for now	жити сьогоднішнім днем
to make efforts	докладати зусиль
healthy lifestyle	здоровий спосіб життя
health promotion	пропаганда здорового способу життя

### ***Task 1. Read and translate the text***

Most people would agree with the definition of good health as being a state where you are free from sickness. Despite this, there are many different opinions about how a person can actually have good health.

There are the most common things that you can do to stay healthy. One of the best things you can do for your body is exercise. But how much is enough? Some people think that doing simple things like cleaning the house are helpful. Other people do heavy exercise everyday such as running or swimming, but, having a healthy diet can help promote good health. Foods like vegetables and fruits should be eaten several times each day. It is also important to eat foods high in fiber such as beans, grains, fruit and vegetables. Fiber helps your body

to digest the food you eat. It also helps your body to decrease the chance of getting some cancers, heart disease and diabetes. Avoiding foods with a lot of sugar, salt and fat is a good idea. Eating these kinds of foods can lead to a variety of health problems and obesity. Obesity means having so much fat on your body that you are risking your health.

Ask yourself: Do I live a healthy lifestyle? Here are some pieces of advice:

1. Drink more water. Most of us actually don't drink enough water every day.
2. Get enough sleep. When you don't rest well, you compensate it by eating more.
3. Do exercise. Pick exercises you enjoy. Work out different parts of your body.
4. Eat more fruits and Eat more vegetables/

In a modern world, we all have some level of stress in our life. Different things cause stress for different people. Money problems, work and relationships with other people can all cause stress. It can also be caused by good things like getting married or moving into a new house. The important thing to remember is that you can never completely remove stress from your life. It will always be with you.

There are several ways to fight against stress in your life. Exercise and sports are a great way to reduce stress. Changing the way you think can also reduce stress. Try living for now, and don't worry about the future.

The mentioned things are only some of the ways that people can have good health. Doing these simple things can help you to have a better life now and will lead to a longer and happier life in the future.

Many governments and non-governmental organizations have made big efforts in healthy lifestyle and health promotion. And what about you, what do you do for being healthy?

### ***Task 2. Answer the questions***

1. What is the main idea of the text?
2. Give the definition of good health.
3. How a person can actually have good health?
4. What are the most common things that you can do to stay healthy?
5. Why is it important to eat foods high in fiber?
6. What can lead to a variety of health problems and obesity?
7. What is obesity?
8. How do we live a healthy lifestyle?
9. What are the main reasons of stress in our life?

10. How can we fight against stress in our life?

11. Is it possible to reduce stress?

**Task 3. Fill in the gaps with proper words given below:**

- 1) *problems*                      2) *things*                      3) *health*    4) *body*  
5) *cleaning the house*    6) *avoiding*    7) *a healthy diet*  
8) *foods*                      9) *obesity*                      10) *live*

There are many different opinions about how a person can actually have good 1) \_\_\_\_\_.

There are the most common 2) \_\_\_\_\_ that you can do to stay healthy. One of the best things you can do for your 3) \_\_\_\_\_ is exercise. But how much is enough?

Some people think that doing simple things like 4) \_\_\_\_\_ are helpful. Other people do heavy exercise everyday such as running or swimming, but, having 5) \_\_\_\_\_ can help promote good health. 6) \_\_\_\_\_ like vegetables and fruits should be eaten several times each day. 7) \_\_\_\_\_ foods with a lot of sugar, salt and fat is a good idea. Eating these kinds of foods can lead to a variety of health 8) \_\_\_\_\_ and obesity 9) \_\_\_\_\_ means having so much fat on your body that you are risking your health.

Ask yourself, how do you 10) \_\_\_\_\_ a healthy lifestyle?

**Task 4. Make up a sentence with the following words:**

- 1) *drink more water*      2) *high in fiber*                      3) *eat more fruits*  
4) *level of stress*                      5) *remove stress*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Task 5. Choose the best variant:**

1. What is one cause of obesity?  
a) Unhealthy foods.      b) Foods high in fiber.                      c) A lot of exercise.

2. What is the main idea of the text?
  - a) Exercising, a healthy diet and reducing stress lead to a healthy life.
  - b) Knowing the difference between good health and bad health is important.
  - c) People all over the world have different ideas of what “good health” means.
  
3. Beans, grains, fruit and vegetables are examples of what?
  - a) Foods that can cause obesity.
  - b) Foods you should eat several times a day.
  - c) Foods with fiber.
  
4. You must do difficult exercise for a long time everyday to be healthy.
 

False          True
  
5. To be healthy people have to stop all stress in their life.
 

False          True
  
6. Stress can be caused by good things.
 

False          True

**Task 6. Make a report on the topic “Good Health”.**

*You may use the following phrases:*

*In my life ...*

*I prefer...*

*I have or I don't have bad habits...*

*It is very important for me ...*

**Task 7. Quiz: How fit are you?**

Do you want a quick and fun way to measure your fitness level? Answer each question below, and keep a running tally of your points. At the end of the quiz, add them up to reveal how fit you truly are.

**1. On average, how many days a week do you exercise? Does the answer rhyme with “heaven?”**

Yes (+5 points)

No (-1 point)

**2. Lay on your back to do a standard sit-up. Did you fall asleep?**

No (+5 points)

Yes (-1 point)

**3. Find your most recently used pair of exercise shoes. Count the total number of squares on the grid on the bottom of the shoe. Is that number more or less than the number of squares of waffle you have consumed in the last 48 hours?**

More (+5 points)

Less (-5 points)

**4. When was the last time you ran?**

I am running right now, reading this on my iPad (+5 points)

About 2 hours ago (+3 points)

Any time prior to 2 hours ago (-1 point)

**5. What do you typically do at the gym?**

Well-rounded workouts, alternating upper body and lower body on different days of the week (+5 points)

Walk around aimlessly, constantly drinking from the water fountain and using the hand sanitizer station, with my headphones blaring death metal (+3 points)

Stare at members of the opposite sex while stroking my mustache (+1 point)

Leave the gym (-1 point)

**6. Look at the bottom of your feet right now. Are there battle wounds?**

Yes (+3 points)

No (-1 point)

I think so (+1 point)

**7. What pop song best describes how you view your fitness level?**

“The Distance” (+5 points)

“More Human than Human” (+3 points)

“March of the Pigs” (-1 point)

“Milkshake” (-2 points)

“Baby Got Back” (-3 points)

**8. What most closely aligns with the last dinner you ate?**

A hearty meal of steak and potatoes. I enjoy feeling like I have eaten a shot-put at all hours of the day (+3 points)

Meat and greens. We have Geico Insurance, so I felt like I should start eating like a caveman too (+3 points)

A healthy vegetable concoction. I am Vegan and Gluten-Free, which is super trendy right now, and you may have not heard of it yet. (+3 points)

Fruity Pebbles and a Nacho Cheese Doritos Locos Taco. I am a grown adult, and I can eat whatever the hell I want. (-3 points)

**9. In the last race you ran, did you bring your own starting blocks to the start line with you?**

Yes (+3 points)

No (-1 point)

**10. If you had your own “E! True Hollywood Story,” what would it be called?**

“Running Marathons and Climbing Mountains” (+5 points)

“Behind the Wheel of my \$15,000 Bicycle” (+5 points)

“I am Fat and I Hate Quizzes” (-3 points)

## **11. What was the last book you read?**

“Born to Run” by Christopher McDougall (+5 points)

“Ultramarathon Man” by Dean Karnazes (+5 points)

“The 4-Hour Body” by Tim Ferris (+5 points)

“Southern Cooking Bible” by Paula Deen (-1 point)

Any of the Twilight series books (-10 points)

Congratulations! Make sure you’ve tallied up your scores from above to find out how fit you are below.

### ***Above 50***

Congratulations, Steve Prefontaine! Nice try, but iPads were not around when you were. You cheated the system and got an incredibly high score, so we will give you a gold star for fitness, but have to recall it because of your inevitable doping.

### ***32 – 50***

You are the fittest of the fit and the best of the best. If you could print a 3D trophy from your HP Office Jet All-in-One, we’d give it to you. You have very low body fat, ride your bike to work from time to time, and wear Vibram Five Fingers like it is your job. In fact, you may actually work for Vibram. Go celebrate this W and bask in the glory of how fit you truly are. And, if you see Felix Baumgartner, slug him playfully on the shoulder, and tell him how much cooler you are than him.

### ***16 – 32***

If life were a high school track team, you would certainly be on varsity! But, you would be the struggling 100m runner who doesn’t really like sprinting and comes in near the back of the pack from time to time. You really just want to tell others you’re on the track team! You are on that team, and that’s what truly counts. Keep training and, in no time, you’ll be able to beat up that mean football quarterback that keeps stealing all of the good-looking cheerleaders without braces.

### ***0 – 16***

While you may not be as athletic as those scoring above you, you have unique tastes when it comes to fitness. You enjoy exercises like Sudoku and finger painting. A great way to increase your fitness level is to intensify those exercises and even try combining them. If you need help, simply ask Jeeves. Other strategies may be to change your diet. If you are consuming calories throughout the day, that may be your problem. Ask your friends if they think you are weird or portly, and help get yourself on the right track to a more fit you in no time.

### ***Less than 0***

Don’t get down on yourself! Everyone is a winner here. Even you. Go ahead and celebrate by reading the 32 – 50 score above while you knock out a dozen Krispy Kremes.

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**SPOKEN ENGLISH FOR PHARMACY STUDENTS**

**Відповідальна за випуск: С.В. Журкіна**

Підписано до друку. Формат 70x100<sup>1</sup>/<sub>16</sub>. Папір офсетний. Гарнітура Times New Roman.

Друк RISO. Тираж 100 прим.

Видавництво Національного фармацевтичного університету.

Україна, 61002, Харків, вул. Пушкінська, 53. Свідоцтво серії ДК № 33 від 04.04.2000.

Віддруковано з оригінал-макету в друкарні ФОП І.В. Петрова.  
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