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MEDICAL

ENGLISH

Textbook

FOR STUDENTS OF MEDICINE



Abdullayev Akhmadjon Khasanovich

First Edition

**MINISTRY OF PUBLIC HEALTH OF THE REPUBLIC OF
UZBEKISTAN**

**MINISTRY OF HIGHER EDUCATION, SCIENCE AND
INNOVATIONS OF THE REPUBLIC OF UZBEKISTAN**

ANDIJAN STATE MEDICAL INSTITUTE

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A textbook called “Medical English”
on the subject

“FOREIGN LANGUAGE IN MEDICINE”
for students of

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This textbook is prepared for the teaching English for Specific Purposes (ESP) and dedicated to the education system of medicine in Uzbekistan. It can be useful for the intermediate and advanced levels students of medicine and natural sciences, for methodologists and trainers of English language, and for free researchers and learners as well. Manual is prepared according to the standard curriculum of teaching English for specific purposes recommended by the ministry of higher and special secondary education of the Republic of Uzbekistan.

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INTRODUCTION

This educational and methodological textbook book is intended for students of medical universities with specialties “Nursing”, “General Medicine”, “Pharmacy”. The purpose of this book is to teach medical students conversational skills based on everyday topics, as well as topics related to professional activities in the field of medicine.

The main goal of the textbook, in accordance with the new state educational standards and the current work program for the discipline, is the formation of foreign language communicative competence of a paramedical worker, allowing the use of a foreign language as a means of professional and interpersonal communication.

The structure and content of the textbook are focused on the interrelated solution of communicative, cognitive, developmental and educational tasks and the formation of professional foreign language communicative competence among medical students.

The content of the manual includes tasks and tests to consolidate the acquired knowledge.

This manual book is intended for teaching English to medical university students, both under the guidance of a teacher and for independent work.

Author

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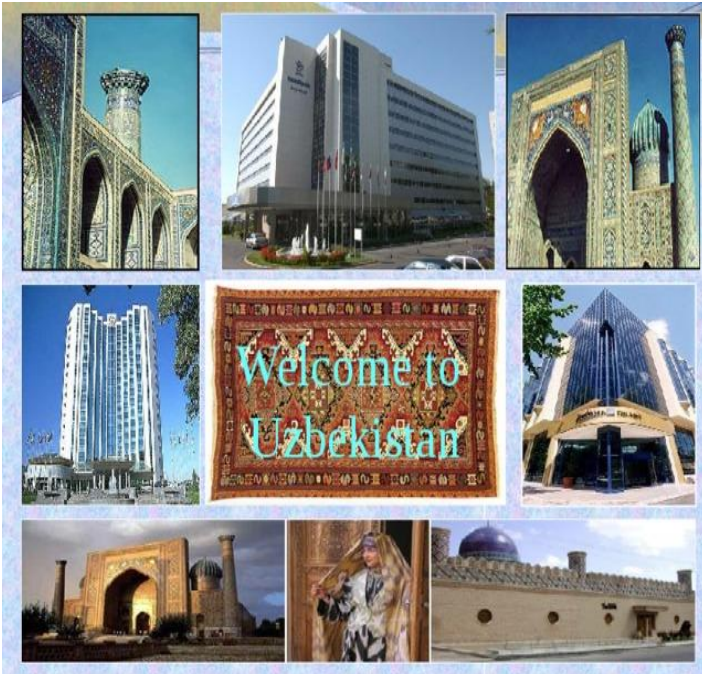
1

Independent Uzbekistan Today

Get ready!

1. Before you read the text, look at the picture and answer the question.

- 1 What do you know about Uzbekistan?



Reading

2. Read and translate the text, using the following words.

independence
culture
relationship
education
population
traditions
nationality
regions
economy

The Republic of Uzbekistan is located in Central Asia. According to natural and geographical conditions Uzbekistan is one of the most favorable regions in Central Asia. The territory of Uzbekistan is a peculiar combination of plains and mountain terrain. Uzbekistan is a dry, double landlocked country of which 11 percent consists of intensely cultivated, irrigated river valleys. More than 60 percent of its population lives in densely populated rural communities. Uzbekistan is the world's second-largest cotton exporter and the fifth largest producer. The country relies heavily on cotton production as the major source of export earnings. Other major export earners include gold, natural gas and oil. Uzbekistan is a multinational country. The two main languages are Uzbek and Russian but you will also hear several other languages including Korean, English, German, Tajik and Turkish. Besides the Uzbek population, Uzbekistan contains many other nationalities, all with their own mode of life.

People in Uzbekistan wear different types of clothes. In villages you will observe women wearing traditional clothes like long variegated dresses and scarves. In cities they are less traditional and more modern. Men wear pants more often than jeans. Shorts are worn rather rarely and usually only by people in the city.

3. Mark the following statements as a true (T) or false (F).

- 1 The country is regarded a cultural and religious hub in the Central Asian region. Another estimate states that Muslims constitute 87% of the population while 9% of the population follow Russian Orthodox Christianity, 4% other religious and non-religious.
- 2 Uzbekistan is among the world's leading cotton producers.
- 3 Uzbekistan's mineral and oil and gas reserves are substantial. The country produces and exports a large volume of natural gas.
- 4 Uzbekistan has a varied landscape that includes a rolling sandy desert, mountains along the border with Tajikistan, and the Aral Sea in the west.
- 5 Historically, one of the main traditions of the Uzbek people is hospitality.

Vocabulary

4. Find the Uzbek equivalents the following word combinations from the text.

- 1 traditional conditions
- 2 territory
- 3 population
- 4 regions
- 5 education
- 6 nationality
- 7 economy

5. Fill in the blanks with the correct words from the word bank.

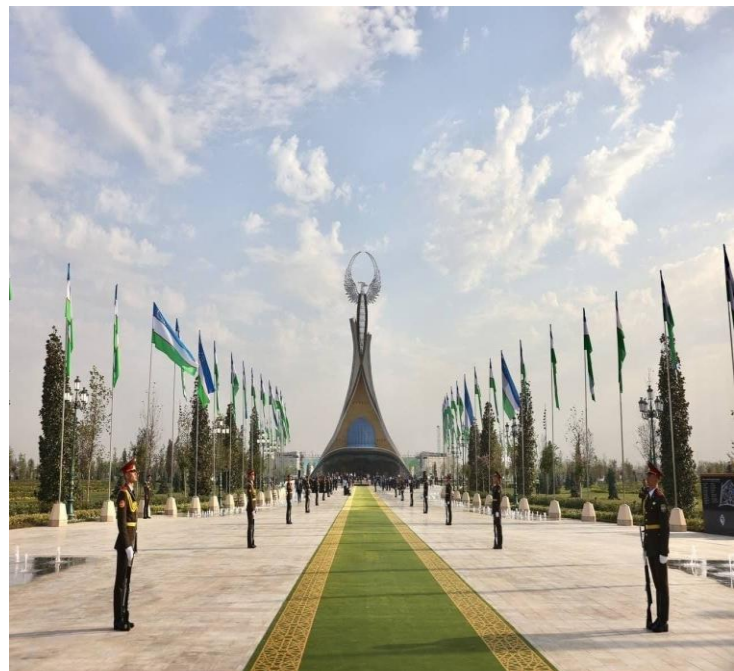
WORD bank:

Cotton multinational
landlocked
traditional clothes Shorts

- 1 Uzbekistan is the world's second-largest ----- exporter and the fifth largest producer.
- 2 Uzbekistan is a ----- country.
- 3 Uzbekistan is a dry, double ----- country of which 11 percent consists of intensely cultivated, irrigated river valleys.
- 4 In villages you will observe women wearing ----- like long variegated dresses and scarves.
- 5 -----are worn rather rarely and usually only by people in the city.

Speaking

6. Tell about Uzbekistan using the information from Ex. 2.





2

About Myself

Get ready!

1. Before you read the text, talk about this question.

- 1 Look at the picture and tell what do you know about rules of taking the pulse?



Reading

2. Read and translate the text.

HOW TO TAKE THE PULSE

A nurse looks after her patients in the daytime or at night and can see any changes in the patients' condition. Many of the changes are very important. The nurse must be careful when she takes the patient's pulse. It is not difficult to take the pulse. Put three fingers of the left hand over the radial artery. Many patients are nervous when they see a nurse or a doctor, and the patient's pulse is faster.

That's why the nurse must wait a few seconds before she begins to count

the pulse. If the nurse sees any changes in the beating of the pulse she must immediately tell the doctor. Changes in the pulse are very important.

REMEMBER: When you take the pulse you must note:

1. if it is deep or shallow
2. the rate
3. the strength of the beating

Vocabulary

3. Find Uzbek equivalents from text.

- 1 look after
- 2 difficult
- 3 radial artery
- 4 patient's pulse
- 5 few seconds
- 6 count pulse
- 7 changes in heart rate
- 8 frequency
- 9 force
- 10 rhythm

Speaking

4. Look at the table and name the normal heart rate for a newborns, 7 years, 14 years and adult.

Average Heart Rate

Age	Average Heart Rate
Newborn	140
7 years	85 – 90
14 years	80 – 85
Adult	70 – 80

Writing

5. Describe the rules of taking pulse using text from Ex.2.

Rules of taking pulse

Get ready!

6. Before you read the text, talk about this question.

- 1 What do you know about blood pressure (BP)?

Reading

7. Read and translate the text about blood pressure.

The blood pressure (BP) is the pressure of the blood in the arterial wall.

The blood pressure can be normal, high and low. The normal BP is between 110-140 (the systolic pressure) over 70-90 (the diastolic pressure).

When you check the patient BP you must think of his (or her) age. If a person of 20 has blood pressure of 140-150 it is dangerous. And the nurse must immediately take care of such a patient. But if the same BP has a person of 50 it is not dangerous.

If a patient has hypertension he may often complain of headaches, nose bleedings, and heartache. The doctor prescribes him hypotensive drugs. High blood pressure often frightens the patient. The nurse must calm him. Hypertensive patient must not work hard.

Hypotension or low BP is caused by different conditions. Anemia may be a cause of hypotension. Great fatigue may also cause hypotension. In all cases it is a very serious disease and the nurse must be very attentive to the patient.

Vocabulary

8. Match the antonyms.

- | | |
|----------------|---------------|
| 1 high | a hypotension |
| 2 dangerous | b easy |
| 3 hypertension | c health |
| 4 hard | d low |
| 5 disease | e useful |

9. Read the sentences and choose the correct word.

- 1 If a person of 20 has blood pressure of 140-150 it is **dangerous / useful**.
- 2 If a patient has hypertension he may **often / never** complain of headaches, nose bleedings, and heartache.
- 3 Hypertensive patient must **/must not** work hard.
- 4 **Anemia / fracture** may be a cause of hypotension.
- 5 Hypotension is **low / high** BP.

Speaking

10. Answer the questions.

1. What may have caused this condition? Will it be permanent?
2. How is this condition treated or managed? What will be the long-term effects on my life?
3. How can I learn more about my condition?
4. What questions to ask when in the hospital?
5. Do I really need this test, treatment or procedure?
6. What are the downsides?
7. Are there simpler, safer options?
8. What happens if I do nothing?





3

Signs and symptoms

Fever. Pneumonia.

Get ready!

1. Before you read the text, talk about this question.

- 1 What do you know about fever?



Reading

2. Read and translate the text using the following words.

fever
rise
to replace
damp
bed-clothes

Fever is the rise of the body temperature above normal. The symptoms of high temperature are headache, aches all over the body, red face, and hot dry skin, loss of appetite, quick pulse and breathing.

If a person has fever he must stay in bed and drink plenty of water. The nurse must keep the patient warm. The nurse must give him more blankets and hot drinks. When the patient is sweating replace the damp bed-clothes as quickly as possible (как можно быстрее) and dress the patient in a clean warm bed gown (ночная рубашка) or pajamas. When the temperature is normal the patient may sit in bed and then have a short walk.

Vocabulary

3. Correct the following statements according example.

Example: Fever is the fall of the body temperature below normal.

This is wrong. Fever is the rise of the body temperature above normal.

- 1 The symptoms of high temperature are: a pale face, slow pulse and a good appetite.
- 2 A feverish person must go for a walk.
- 3 During the fever the patient needs cold.
- 4 A nurse must not replace damp bed-clothes when patient is sweating.
- 5 When the temperature is down to normal the patient must lie in bed.

4. Read the sentences and choose the correct word.

- 1 Fever is the rise of the body temperature **above** / **below** normal.
- 2 If a person has fever he must stay in bed and drink plenty of **water** / **juice**.
- 3 The nurse must give him more blankets and **cold** / **hot** drinks.
- 4 When a patient has temperature he must **stay in bed** / **walk**.
- 5 When the temperature is **high** / **normal** the patient must stay in bed.



5. Before you read the text, look at the picture and tell about symptoms of pneumonia.

PNEUMONIA SYMPTOMS



Reading

6. Read and translate the text.

Pneumonia is a lung infection. It begins suddenly. In most cases the temperature rises quickly. The pulse and breathing are fast. Cough begins early and at first is dry and painful. The patient feels ill, has a flushed face.

In severe cases there may be delirium. A patient in delirium is very restless and the nurse must pay special attention to such patients.

Patients with pneumonia need rest and sleep. The best position for a patient is half – sitting. Fresh air is very important. Give such patients much drink. The diet must be light.

Vocabulary

7. Find Uzbek equivalents from text.

- 1 suddenly
- 2 cough
- 3 painful
- 4 rave
- 5 Special attention
- 6 rest
- 7 dream
- 8 Fresh air
- 9 diet
- 10 easy

Speaking

8. Answer the questions.

- 1 Give the definition of pneumonia?
- 2 What does the patient feel?
- 3 What can you say about treatment of pneumonia?

Writing

9. Describe the steps for treatment of pneumonia using text from Ex.6

THE STEPS FOR TREATMENT OF PNEUMONIA



4

Andijan State Medical Institute

Get ready!

Reading

1. Read and translate the text about blood pressure.

The Andijan Medical Institute was founded in 1955 and is one of the oldest medical schools in Uzbekistan.

Andijan Medical Institute is a medical school located in the city of Andijan in eastern Uzbekistan.

The institute offers undergraduate and graduate programs in medicine, dentistry, and nursing, as well as postgraduate training programs for healthcare professionals.

The institute has a highly qualified faculty, many of whom are recognized experts in their fields and are actively engaged in research.

The institute has modern facilities and state-of-the-art equipment, including a simulation center, a computer lab, and a library with a large collection of medical literature.

The institute has partnerships with several leading medical institutions in Uzbekistan and around the world, which provides students with opportunities for international exchanges and collaboration.

Vocabulary

2. Find Uzbek equivalents from text.

- 1 tuition fee
- 2 degree
- 3 education system
- 4 hard studying
- 5 program

Speaking

3. Answer the questions.

1. What may have caused this condition? Will it be permanent?
2. How is this condition treated or managed? What will be the long-term effects on my life?
3. How can I learn more about my condition?
4. What questions to ask when in the hospital?



Reasons for Choosing Andijan Medical Institute

- It has a beautiful campus and hostels.
- Most suitable for Indian students.
- Only 6 years course which includes 1 year internship.
- Tuition/hostel fees of this University is very low and affordable.
- It has well equipped laboratories and a huge library and references, editorials, encyclopaedias etc. A separate reading hall and has an electronic library with the latest articles on modern medicines. Library has collection of Indian author books and study material; it is the state of art library.
- Focus on giving practical knowledge.
- It has a great learning exposure for students as Andijan Medical Institute has tie – ups with various universities for a wide range of subjects.
- The medium of instruction in Andijan Medical Institute is English.
- Uzbekistan is very near to India. The air journey from India to Uzbekistan is 3 hours only.
- Laboratory with 3d simulation.
- Teaching with 3d human body structure.

Other facilities at Andijan Medical Institute:

- **High-quality education:** Andijan Medical Institute is known for its rigorous academic programs and high standards for student performance and clinical practice.
- **Modern facilities:** The institute has modern facilities and state-of-the-art equipment, including a simulation center, a computer lab, and a library with a large collection of medical literature. This allows students to gain practical experience and access the latest information in their field.
- **International partnerships:** Andijan Medical Institute has partnerships with several leading medical institutions in Uzbekistan and around the world, which provides students with opportunities for international exchanges and collaboration. This can help students broaden their perspectives and gain valuable experience in different healthcare systems.
- **Affordable tuition:** The cost of tuition at Andijan Medical Institute is relatively affordable compared to other medical schools in the region. This makes it an attractive option for students who may not have the financial resources to attend more expensive schools.
- **Good reputation:** Andijan Medical Institute has a good reputation in Uzbekistan and is highly regarded by employers in the healthcare industry. Graduates of the institute are well-prepared to enter the workforce and are sought after by hospitals and clinics throughout the country.





5

Health and well-being

Get ready!

1. Before you read the text, talk about this question.

- 1 Would you say you lead a healthy lifestyle?



Reading

2. Read and translate the text using the following words.

fever
rise
to replace
damp
bed-clothes

Wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional and social health factors. Well-being is strongly linked to happiness and life satisfaction. In short, well-being could be described as how you feel about yourself and your life. Money is linked to well-being because having enough money improves living conditions and increases social status. However, happiness may increase with income but only to a point.

Many people believe that wealth is a fast track to happiness. But it's not true. Various international studies have shown that it's the quality of our personal relationships, not the size of our bank balance, which has the greatest effect on our state of well-being.

Vocabulary

3. Correct the following statements according example.

- **Example:** Develop and maintain strong relationships with on your own.
- This is wrong. Develop and maintain strong relationships with family and friends.

- 1 Make regular time available for social contact.
- 2 Eat wholesome, nutritious foods.
- 3 Do regular physical activity.
- 4 Become involved in activities that interest you.
- 5 Set yourself achievable goals and work towards them.

4. Read the sentences and choose the correct word.

1. I don't think I'm going to be able to come into work today; I'm feeling a bit -----.
2. He's a real -----; he's there every day lifting heavy weights.
3. Despite being 35 years old, Ronaldo is still -----.
4. My grandma always gave us fruit when we visited her; she always said -----.
5. Smoking is terrible for your health. You really need to that -----.
6. The best way to ----- is to do plenty of exercise and eat a balanced diet.

- to kick a habit
- to keep fit
- gym bunny
- (as) fit as a fiddle
- under the weather
- an apple a day keeps the doctor away

5. Before you read the text, look at the picture and tell about factors that influence wellbeing.

Reading

6. Read and translate the text.

Every aspect of your life influences your state of well-being. Researchers investigating happiness have found the following factors enhance a person's well-being:

happy intimate relationship with a partner

- network of close friends
- enjoyable and fulfilling career
- enough money
- regular exercise
- nutritional diet
- enough sleep
- spiritual or religious beliefs
- fun hobbies and leisure pursuits
- healthy self-esteem
- optimistic outlook
- realistic and achievable goals
- sense of purpose and meaning
- a sense of belonging
- the ability to adapt to dust.





6

Our future profession

Get ready!

1. Before you read the text, talk about this question.

- 1 Can you tell about nurse's duties at therapeutic department?

Reading

2. Read and translate the text using the following words.

chart
temperature chart
to carry out
ward nurse
to observe

I am a nurse. I work at a therapeutic department. Our department is very large. Work at the department begins at 6 o'clock in the morning. The nurses begin to take the patients temperature at 7 o'clock. They write it down in temperature charts. Then the nurses give the patients medicines and carry out other prescriptions of the doctors. They open the windows and air the wards. The doctors come at 9 o'clock in the morning and begin to examine patients. Each ward nurse tells the doctor about her patients. As I am a ward nurse the doctor asks me about the condition of my patients. Sometimes I tell him that they are well. And sometimes I tell the doctor that the temperature of some of the patients is high and the doctor prescribes some new medicine or injections. I like my profession very much. I know that much of the nurse's

Vocabulary

3. Fill in the blanks with the correct words and phrases from the word bank.

WORD bank:

to observe prescribe department

examine injections medicines

- 1 I work at a therapeutic _____.
- 2 In the morning the nurse gives the patients _____.
- 3 In the morning the doctors _____ the patients.
- 4 The doctor _____ some medicine or _____.
- 5 An attentive nurse tries _____ any change in a patient's condition.

4. Match the word combination with their translation.

air the ward
examine patient
injections
therapeutic department
take temperature
nurse's work
any changes
condition of patient





7

The National Flag of the Republic of Uzbekistan

Get ready!

1. Before you read the text, look at the picture and answer the question.

1. What flag is similar to Uzbekistan?
2. What do the 12 stars on the Uzbekistan flag mean?



Reading

2. Read and translate the text, using the following words.

flag
blue color
nature
red stripes
symbol
aspiration
embody
essence of living
to adopt

The Law "On the State Flag of the Republic of Uzbekistan" was adopted at the VII session of the Supreme Council of the Republic of Uzbekistan on November 18, 1991.

The state flag and its emblem symbolize historical ties with the ancient states of modern Uzbekistan and embody the national and cultural traditions of the republic.

1. The blue color on the flag is the symbol of eternal heaven and oblivion reflecting the essence of living. In the language of the symbols, it means goodness, wisdom, honesty, fame and devotion. Therefore, the flag of Amir Temur's state was blue.
2. The white flag on the flag is a symbol of sacred peace that fits in with the light of day and the light of the universe. White is a reflection of purity, indifference, cleanliness, cleanliness of dreams and dreams, aspiration to inner beauty.
3. The green color symbolizes the renewal of nature. It is a symbol of youth, hope and joy in many nations.
4. The red stripes represent the tide of vital force flowing in our body.

3. Mark the following statements as a true (T) or false (F).

- 1 The blue color on the flag is the symbol of eternal heaven and oblivion reflecting the essence of living. In the language of the symbols, it means goodness, wisdom, honesty, fame and devotion.
- 2 The white flag on the flag is a symbol of sacred peace that fits in with the light of day and the light of the universe.
- 3 The green color symbolizes the renewal of nature. It is a symbol of youth, hope and joy in many nations.
- 4 The red stripes represent the tide of vital force flowing in our body.

Vocabulary

4. Find the English equivalents the following word combinations from the text.

- 1 a symbol of the sovereignty –
- 2 to represent –
- 3 world exhibitions –
- 4 right-angled –
- 5 coloured cloth –
- 6 horizontal stripes –
- 7 source –

5. Answer the questions.

- 1 When do we celebrate the Day of the National Flag of the Republic of Uzbekistan?
- 2 Where is the national flag of the Republic of Uzbekistan presented?
- 3 What stripes does it consist of?
- 4 What do blue, white and green colours mean?
- 5 What do two red thin stripes symbolize?

Speaking

6. Translate the following word combinations.

Davlat bayrog'i; mustaqillik ramzi; milliy bayroq davlatimizni namoyish etadi; O'zbekiston rasmiy vakillari; horijiy davlatlarga tashrif qilmoq; shuningdek; dunyo ko'rgazmalari; sport musobaqlari; uchta gorizontaal yo'llardan iborat to'g'ri burchakli rangli mato; ko'k, oq va yashil yo'llar; osmon va suv ramzi; xayotning asosiy manbalari; tinchlik va yahshilikning an'anaviy ramzi; tabiat, yangi xayot va mo'l hosil ramzi; yangi oy; yosh mustaqil davlat; viloyat.



8

The State Emblem of the Republic of Uzbekistan

Get ready!

1. Before you read the text, look at the picture and answer the question.

- 1 What does the image of the rising sun over a flourishing valley express?



Reading

2. Read and translate the text, using the following words.

state emblem – davlat gerbi
 to create – yaratmoq
 to reflect – aks ettirmoq
 many centuries of experience – ko'p asrlik tajriba
 image of the rising sun – ko'tarilayotgan quyosh aksi
 flourishing valley – gullab-yashnagan vodi
 to be bordered by – bilan o'ralgan bo'lmoq
 wheat – bug'doy
 branches of cotton – paxta shohlari
 on the right (left) side - o'ng (chap) tomonda

The new state emblem of the Republic of Uzbekistan was created to reflect the many centuries of experience of the Uzbek people.

The state emblem of the Republic of Uzbekistan presents the image of the rising sun over a flourishing valley. Two rivers run through the valley, representing the Syr-Darya and Amu-Darya. The emblem is bordered by wheat on the right side and branches of cotton with opened cotton balls on the left side.

An eight-pointed star is located at the top of the emblem, symbolizing the unity and confirmation of the republic. The crescent and star inside the eight-pointed star are the sacred symbols of Islam. The mythical bird Semurg with outstretched wings is placed in the centre of the emblem as the symbol of the national renaissance.

The entire composition aims to express the desire of the Uzbek people for peace, happiness and prosperity. At the bottom of the emblem is inscribed the word "Uzbekistan" written in Uzbek on a ribbon in the national colours of the flag of the republic.

3. Answer the following questions.

1. What was the state emblem of the Republic of Uzbekistan created for?
2. What does the image of the rising sun over a flourishing valley express?
3. What is located at the top of the emblem?
4. What is in the centre of the composition?
5. What is there at the bottom of the emblem?
6. What does the entire composition aim to?

Vocabulary

4. Learn the following word combinations and their meanings.

1. eight-pointed star – sakkiz-burchakli yulduz
2. unity and confirmation – birdamlik va hamjihatlik
3. crescent – yarim oy
4. sacred symbols – muqaddas ramzlari
5. outstretched wings – qanotlari yozilgan
6. national renaissance – milliy uyg'onish
7. entire – butun

5. Speak on the topic using the following words and word combinations.

- the state emblem of the Republic of Uzbekistan;
- to reflect the many centuries of experience of the Uzbek people;
- the image of the rising sun;
- over a flourishing valley;
- run through the valley;
- bordered by wheat and branches of cotton;
- an eight-pointed star;
- at the top (bottom) of the emblem;
- symbolizing the unity and confirmation of the republic; inside the eight-pointed star;
- the sacred symbols of Islam;
- the mythical bird Semurg with outstretched wings;
- as the symbol of the national renaissance;
- the entire composition;
- the desire of the Uzbek people for peace, happiness and prosperity;
- on a ribbon in the national colours of the flag of the republic.

6. Look at the emblem of the Republic of Uzbekistan and describe it according to the text.





9

My working day

Get ready!

1. Before you read the passage, talk about these questions.

1. What is the importance of describing symptoms?
2. What are some symptoms of the flu?

Patient: Linda Thomas DOB: 11/06/79

Patient presented today with discomfort in her head and body. She said she was treated for a **cold** last month by another doctor, and she was worried it might have returned.

Once again, she has a **runny** nose and is **coughing**. She is experiencing severe fatigue and difficulty concentrating, also as before. However, she is now also **wheezing** and having trouble breathing. She also reports **muscle aches** all over her body and a **headache** that **throbs**. The pain and labored breathing are preventing the patient from sleeping comfortably. A temperature reading indicated a **fever** of 102 degrees.

I advised the patient that her **symptoms** suggest **flu** rather than a cold. I recommended an over-the-counter analgesic to relieve pain and reduce the fever. I also advised the patient to stay home for 2-3 days. She should also drink plenty of fluids until she feels stronger.

The patient will return in 7-10 days if the symptoms do not improve.

Reading

2. Read the doctor's notes on a patient's symptoms. Then, choose the correct answers.

1 What is the purpose of the doctor's notes?

- A to explain a patient's test results
- B to confirm another doctor's diagnosis
- C to describe symptoms and the likely cause
- D to inform a patient about a common illness

2 Which of the following is a new symptom?

- A runny nose
- B fatigue
- C trouble breathing
- D coughing

3 What does the doctor recommend for the patient?

- A rest for a few days
- B returning if symptoms improve
- C a medication to stop the wheezing
- D a second doctor's opinion in 7-10 days

Vocabulary

3. Match the words (1-6) with the definitions (A-F)

- | | |
|----------|----------------|
| 1- cold | 4- wheeze |
| 2- runny | 5- headache |
| 3- cough | 6- muscle ache |

- A having liquid leaking from something
- B to breathe noisily and with difficulty
- C a pain felt in the head
- D a pain felt throughout the body
- E to force air loudly through the throat
- F an illness that causes discomfort in the head and body

4. Read the sentences and choose the correct word.

- 1 The pain in my back **wheezes/throbs**.
- 2 Helen was coughing because of the **muscle ache/flu**.
- 3 According to the thermometer, the patient has a **headache/fever**.
- 4 Fatigue is a **symptom/cold** of the flu.

Listening

5. Listen to a conversation between a doctor and a patient. Mark the following statements as true (T) or false (F)

- 1 The woman believes she has a cold.
- 2 The woman has trouble breathing.
- 3 The woman's fever is severe.

6. Listen again and complete conversation.

Doctor: What's the trouble today?
Patient: Well, Doctor, I don't 1 _____ at all. I'm sure I have the flu.
Doctor: I'm sorry to hear that. 2 _____ coughing
 ? _____ **Patient:** A little. But mostly I'm wheezing.
 It's 3 _____

 nose is runny?
Patient: Oh, yes I've been 4 _____

Speaking

Ex.7 With a partner, act out the roles below based on Ex.6. Then, switch roles.

Student A: You are a doctor. Talk to Student B about:

- his or her symptoms
- likely cause of symptoms
- your recommendations

Student B: You are a patient. Talk to Student A about your symptoms.

Writing

8. Use the conversation from Ex. 7 to complete the flu symptoms checklist.

Does your patient have the flu?

Symptoms:

- ✓ fever
- ✓ muscle aches
- ✓ other; if yes, please describe:

Recommendations: _____

Writing

7. Describe the nurse's duties at a therapeutic department using information from Ex.2 and Ex. 6.



10

The Oath of Future Doctors

Get ready!

1. Answer the following questions.

1. What does the doctor's oath say?
2. What is the doctor code oath?
3. What is the medical student oath?
4. Why do doctors take an oath?
5. What is an example of an oath?
6. What makes an oath?

Vocabulary

2. Learn the following word combinations and their meanings.

By the renowned Greek physician Hippocrates, often referred to as the “father of Western medicine.” As little is known about the original Oath, it remains unclear what weight it carried in its own time or how widely it was used. In taking an oath, a person not only assumes an obligation but also becomes liable to prosecution; the state and society have an interest in his act. Oaths serve as objective guarantees of what is promised. Swearing to tell the truth, one guarantees that what one says is true. The oath or solemn affirmation reminds a Member of the serious obligations and responsibilities he or she is assuming. The obligation requiring all Members of Parliament to take the oath is found in the Constitution Act, 1867, with the text of the oath itself outlined in the Fifth Schedule.

3. As a member of the medical profession:



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- ONLY PLEDGE to dedicate my life to the service of humanity;
- I WILL RESPECT the autonomy and dignity of my patient;
- I WILL MAINTAIN the utmost respect for human life;
- I WILL RESPECT the secrets that are confided in me, even after the patient has died;
- I WILL PRACTISE my profession with conscience and dignity and in accordance with good medical practice;
- I WILL FOSTER the honor and noble traditions of the medical profession;
- I WILL GIVE to my teachers, colleagues, and students the respect and gratitude that is their due;
- I WILL SHARE my medical knowledge for the benefit of the patient and the advancement of healthcare;
- I WILL ATTEND TO my own health, well-being, and abilities in order to provide care of the highest standard;
- I WILL NOT USE my medical knowledge to violate human rights and civil liberties, even under threat;

- I MAKE THESE PROMISES solemnly,
freely, and upon my honor.

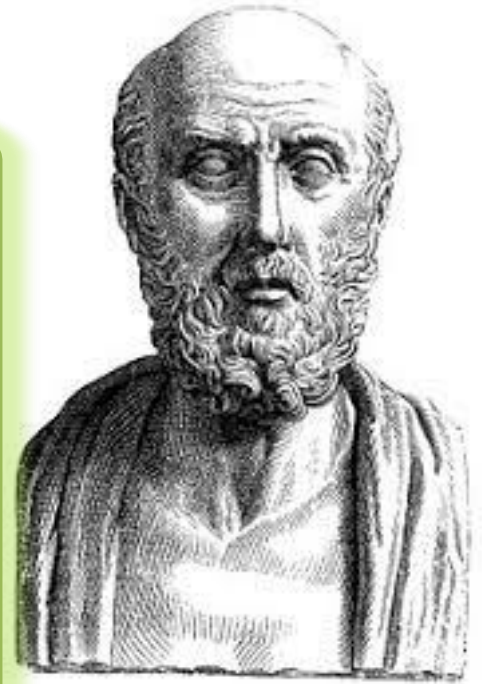
The Oath of Hippocrates

The School of Medicine shall use the following version of the Oath of Hippocrates as its official public declaration of professionalism for ceremonies conducted by the School including but not limited to the White Coat Ceremony and the Investiture of Doctoral Hoods.

I do solemnly swear by whatever I hold most sacred, that I will be loyal to the profession of medicine and just and generous to its members. That I will lead my life and practice my art in uprightness and honor.

That into whatsoever home I shall enter it shall be for the good of the sick and the well to the utmost of my power and that I will hold myself aloof from wrong and corruption and from the tempting of others to vice. That I will exercise my Art, solely for the cure of my patients and the prevention of disease and will give no drugs and perform no operation for a criminal purpose and far less suggest such a thing. That whatsoever I shall see or hear of the lives of men which is not fitting to be spoken, I will keep inviolably secret.

These things I do promise and in proportion as I am faithful to this oath, may happiness and good repute be ever mine, the opposite if I shall be forsworn.



Standard 3: Academic and Learning Environments

A medical school ensures that its medical education program occurs in professional, respectful, and intellectually stimulating academic and clinical environments, recognizes the benefits of diversity, and promotes students' attainment of competencies required of future physicians.

Learning Environment/Professionalism

A medical school ensures that the learning environment of its medical education program is conducive to the ongoing development of explicit and appropriate professional behaviors in its medical students, faculty, and staff at all locations. The medical school and its clinical affiliates share the responsibility for periodic evaluation of the learning environment in order to identify positive and negative influences on the maintenance of professional standards, develop and conduct appropriate strategies to enhance positive and mitigate negative influences, and identify and promptly correct violations of professional standard





11

Abu Ali ibn Sino

Get ready!

1. Answer the following questions.

1. What did Avicenna discover?
2. What are the theories of Avicenna?
3. What is an interesting fact about Avicenna?
4. Why is Avicenna called the father of modern medicine?
5. Where did Avicenna live?



Abu Ali Ibn Sino is the pride of Central Asia and one of the greatest scientists. Besides medicine he was occupied with mathematics, logic and philosophy. He was born in Bukhara in the village of Afshana in 980 and got his education in Bukhara. Because of his perfect memory and quick wits he obtained a lot of knowledge very quickly. He had already learnt the Koran by heart when he was 10. Later, when he was 17, he had been already known as a great doctor. He devoted his whole life to gaining new knowledge, curing people, finding the reasons of many diseases, writing works on medicine and bringing this knowledge to upcoming generation.

Abu Ali Ibn Sino traveled to many cities as a visitor and died from serious infectious disease on June 18, 1037 in the city of Isfakhon. The number of works that Abu Ali Ibn Sino had written exceeds 450, but only 160 out of them reached our hands. One of his main books is "Konun at-Tib". This

works consists of 5 big parts containing the reason of disease, hygiene, medication and a lot of other information related to medicine. His other books such as "Shifo kitab", "Insof kitobi", "Hojat kitobi", "Donishnoma", "Arab tili kitobi", "Metafizika" had played the main role in the development of many sciences.

Abu Ali Ibn Sino is well-known in Europe by the name of Avicenna. The naturalist Karl Linney named a type of plant "Avicenna" in honour of him. To sum up we can say that Abu Ali Ibn Sino was an encyclopedic scholar whose contribution to world civilization was incomparable.

2. Translate the following word combinations.

Markaziy Osiyo g'ururi; mashg'ur olimlardan biri; tibbiyotdan tashqari; matematika, mantiq va filosofiya bilan shug'ullanmoq; ta'lim olgan; yahshi xotira va te'ran aql tufayli; ko'p bilimlarni egallamoq; mashhur tabib bo'lib tanilmoq; butun xayotini bag'ishlamoq; insonlarni davolamoq; ko'p kasalliklar sababini aniqlamoq; o'z bilimlarini o'sib kelayotgan avlodga o'tkazmoq; og'ir yuqumli kasallikdan vafot etmoq; qo'limizga yetib kelmoq; tibbiyotga oid ko'p ma'lumotlar; asosiy vazifani bajarmoq; entsiklopedik olim; dunyo tsivilizatsiyasiga be'beho xissa.

3. Answer the following questions.

1. Where and when was Abu Ali Ibn Sino born?
2. Why did he obtain a lot of knowledge so fast?
3. When did he become a great doctor?
4. How many scientific works reached our hands?
5. What was he occupied with besides medicine?
6. What did his work "Konun at-Tib" contain?

Vocabulary

4. Learn the following word combinations and their meanings.

- pride – fahri, g'ururi
- to be occupied (with) – shug'ullangan bo'lmoq
- because of – sababli
- quick wits – te'ran aql
- to obtain – olmoq
- to devote – bag'ishlamoq
- to gain – egallamoq
- to cure people – insonlarni davolamoq
- reason – sabab
- to bring to – o'tkazmoq

7. What name is he well-known in Europe by?
8. What contribution did he make to world civilization?

Speaking

4. Speak on the topic using the following words and word combinations.

the pride of Central Asia; one of the greatest scientists; occupied with; in the village of Afshana; got his education; obtained a lot of knowledge; had learnt...by heart; had been known as a great doctor; devoted his whole life to...; the reasons of many diseases; works on medicine; to upcoming generation; traveled to many cities; died from serious infectious disease; in the city of Isfakhon; the number of works; exceeds; reached our hands; his main books; consists of; containing; information related to medicine; the main role in the development of many sciences; by the name of Avicenna; in honour of him; to sum up; an encyclopedic scholar; contribution to world civilization; incomparable.

5. Make up your own topic using additional information.

- upcoming generation – o'sib kelayotgan avlod
- to exceed – oshmoq
- to reach – yetmoq
- to contain – o'z ichiga olmoq
- hygiene – gigiyena
- medication – davolash
- related to – ...ga oid
- to play the main role – asosiy vazifani bajarmoq
- development – rivojlanish
- in honour of smb. – kimningdir sharafiga
- to sum up – xulosa qilib
- an encyclopedic scholar – entsiklopedik olim
- contribution – xissa, ulush
- incomparable –



12

Prescribing drugs in a hospital

Get ready!

1. Answer the following questions.

1. What are some of the major pharmaceutical companies in the world?
2. Where would we get medication from if it weren't for these companies?
3. Do you trust generic brands of medicine as much as well-known brands? Why or why not?
4. Should the price of drugs be strictly regulated to make them affordable to everyone?
5. What would motivate pharmaceutical companies to develop new drugs if they couldn't make such big profits?
6. Should pharmaceutical companies receive tax breaks and other forms of government assistance when they are making such huge profits? Why or why not?
7. Which illegal drugs were originally developed as legal pharmaceuticals? Why were these developed?
8. How are new drugs tested before they are approved for use? Do you trust this procedure?

3. Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun):

1. Before you visit the rainforest, you should get a yellow fever__.
2. If you get a headache, you can buy paracetamol_.
3. GlaxoSmithKline announced that it would drop its____in developing countries to allow wider access to medication in these countries.
4. If you get a cold, you can buy cough medicine from the__.
5. The presidential candidate was criticised for accepting huge donations from_____.
6. You need a__for oxycodone as its highly addictive.

Vocabulary

2. Learn the following word combinations and their meanings.

- **Big Pharma**
- **patent**
- **pharmacy / drug store**
- **prescription**
- **over-the-counter**
- **over the counter**
- **vaccine**



Big Pharma vocabulary comprehension questions

1. Do you believe the Big Pharma conspiracy theory that pharmaceutical companies keep the cure for certain diseases a secret so they can continue selling treatments for them?
2. Why are patents important for the pharmaceutical industry? Should they be forced to make all their patents public? Why or why not?
3. What advice can a pharmacist give you? When would you ask for their advice instead of a GP or other doctor?
4. What medication do you need a prescription for?
5. What over-the-counter medication can you get?
6. Why do pharmaceutical companies not appear to be interested in developing vaccines for tropical diseases?

2. What did pharmaceutical companies do with the addictive potential of opioids?
a) advertised them b) warned about them c) concealed them

3. Where are opioid receptors?
a) in the brain b) in the heart c) all over the body

4. What feeling can opioids give people?
a) anxiety b) pleasure c) paranoia

Sentence completion

5. In high doses, opioids can decrease heart rate and breathing to ___ levels.
6. Eventually, people have to take larger and larger doses of opioids because they buildup_.
7. Muscle aches, stomach pains, fever and vomiting are common withdrawal_____.
8. Opioid_have increased massively around the world.

Listening

4. You are going to watch a video by TED Ed called “What causes opioid addiction, and why is it so tough to combat?”

Watch the video here:

<https://yourenglishpal.com/blog/esl-conversation-lesson-plan-big-pharma/>

While you watch the video, answer the following questions:

Multiple choice

1. When was morphine identified?
a) 1800s b) 1900s c) 2000s

Writing

5. Write about your opinion of Big Pharma. Try to use some of the vocabulary you learned earlier in this lesson. In your answer, you could include some of the following topics:

- The positive contributions pharmaceutical companies have made to society.
- Ethical issues in the pharmaceutical industry.
- Alternative ways to develop medication.



13

It's my job

Get ready!

1. Before you read the passage about nurse's duties at hospital, answer the question.

- 1 What do you know about nurse's duties at the hospital?

Reading

2. Read and translate the passage about nurse's duties at hospital using the following words:

ward
call
change
manage
explain
carry out
duties
prepare
put on
get out of bed
sterile procedures
examinations
observe

A nurse at any hospital must show the patient the ward, tell the patient how to use the nurse call, help the patient to change into pyjamas and take the patient's Observations. The nurse must also introduce herself and explain what she is going to do. It helps the patient feel comfortable.

The nurses in the ward carry out various nursing duties. They help patients to get out of bed, change into pyjamas, take their temperature, blood pressure, pulse, put mustard plasters and compresses. Nurses also give medicines and explain their action and side effects, make injections. Sometimes the nurses carry out sterile procedures and sometimes they assist the doctors. A nurse has to prepare patients for medical examinations.

Sometimes they take patients to the X-ray department or to the occupational therapy unit. They must observe any changes in patient's condition and tell the doctor about them.

3. Mark the following statements as a true (T) or false (F).

- 1 A nurse at any hospital must show the patient the ward, tell the patient how to use the nurse call, help the patient to change into pyjamas.
- 2 They don't help patients to get out of bed, change into pajamas, take their temperature, blood pressure, pulse.
- 3 Sometimes the nurses carry out sterile procedures and sometimes they assist the doctors.
- 4 Doctors take patients to the X-ray department or to the occupational therapy unit.
- 5 Doctors must observe any changes in patient's condition and tell the nurses about them.

Speaking

5. Answer the questions.

- 1 How must a nurse help the patient feel comfortable?
- 2 Who carries out various nursing duties in the ward?
- 3 Whom do nurses assist?
- 4 What does a nurse have to prepare patients for?
- 5 Where do nurses take patients to?



Vocabulary

4. Find the English equivalents the following word combinations from the passage.

- 1 measure the temperature
- 2 patient status
- 3 explain the effect of the medicine
- 4 watch for changes
- 5 give injections
- 6 give medicine
- 7 change into pajamas

6. Use the passage from Ex.2 to describe the nurse duties at the hospital in your country.

RESPONSIBILITIES OF THE NUR



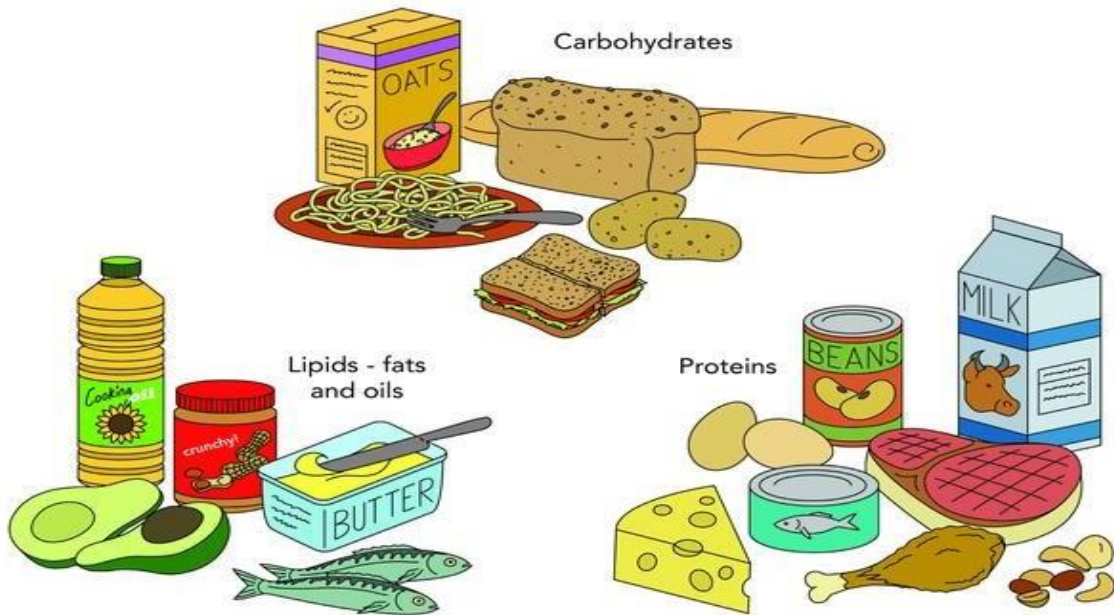
14

Vitamins

Get ready!

1. Before you read the text, look at the picture and answer the question.

What sources of carbohydrates, protein and fat do you know?



Reading

2. Read and translate the text.

To stay healthy, we need to eat a balanced diet. This means a diet containing the right proportions of the main nutrients: carbohydrates, proteins, fats, minerals, vitamins, and fluids. Many foods are a mixture of these basic nutrients. The three main sources of energy are carbohydrates, protein, and fat.

Carbohydrates – are a good source of energy for our bodies. Good sources of carbohydrates are: whole grain, fresh fruits and vegetables, white bread, white rice, sweetened fruit drinks, sweets and desserts.

Protein foods help to build strong muscles and bones. Foods that are good sources of protein include: meat and poultry without the extra fat or skin, fish, low-fat cheese, and eggs, dried peas or beans, kidney, white, soy products and nuts.

Too much fat can make you gain weight. Choose fats that keep your heart healthy: small portions of salad dressing, low-fat mayonnaise and margarine, nuts, olives, and vegetable oil. Your height, weight, age, and activity will affect how much food you need to eat each day to stay at a healthy weight. Everyone is different. Being active and eating smaller amounts of food can help you be healthy.

3. According to the information from Ex.2 mark the following statements as true (T) or false (F).

- 1 Carbohydrates help to build strong muscles and bones.
- 2 Foods that are good sources of protein include: meat and poultry without the extra fat or skin, fish, low-fat cheese, and eggs, dried peas or beans, kidney white bread, soy products and nuts.
- 3 Too much fat can make you lose weight.

Vocabulary

4. Find Uzbek equivalents from text.

- 1 carbohydrates
- 2 squirrels
- 3 fats
- 4 sweetened fruit drinks
- 5 peas
- 6 low-fat cheese
- 7 nuts
- 8 flavoring
- 9 small amount of food
- 10 healthy

5. Match the words (1–3) with the definitions (A–C).

- 1 proteins
 - 2 fats
 - 3 carbohydrates
- A** if you eat it too much, it can make you gain weight.
- B** are a good source of energy for our bodies.
- C** help to build strong muscles and bones.

Speaking

6. Test yourself on your proper nutrition.

1. How often do you skip a main meal?
a. Often b. Sometimes c. Almost never
 2. Did you eat any fruit and vegetables yesterday (including potatoes)?
a. Hardly any at all
b. 2 or 3 portions
c. 4 or more portions
 3. How many times a week do you eat "meats" such as burgers, meat pies?
a. Not very often, once or twice
b. 5 to 8
c. A lot more than 9
 4. Did you eat three fibre-rich foods yesterday (e.g. wholemeal bread, nuts, breakfast cereal, baked beans and root vegetables like carrots, beetroot, or jacket potato)?
a. No b. One or two c. Yes
 5. How many times a week do you have a fried meal (e.g. eggs and bacon or fish and chips)?
a. Less than four
b. Five to eight times
c. Over eight
 6. Which of these best describes your lunch?
a. Mostly crisps, some kind of chocolate bar, biscuits or cake.
b. It usually has at least one of these foods – yoghurt, apple or some kind of fruit, a raw vegetable like carrot.
c. It's made up almost completely of foods listed in (b) above.
- Which food in each of these three pairs has the most fat?
- a. Meat pie or potato
 - b. Hard cheese or cottage cheese
 - c. Packet of salted peanuts or 10 tomatoes

7. Tell about importance of proteins, fats, carbohydrates , using the text from Ex.2



15

Medical education in the United States

Get ready!

1. Before you read the text, talk about this question.

- 1** Look at the picture and tell what do you know How many years does it take to become a doctor in USA?



Reading

2. Read and translate the text.

Doctors must complete a four-year undergraduate program, along with four years in medical school and three to seven years in a residency program to learn the specialty they chose to pursue. Several universities across the U.S. admit college students to their medical schools during college; students attend a single six-year to eight-year integrated program consisting of two to four years of an undergraduate curriculum.

Vocabulary

3. Find Uzbek equivalents from text.

- 1** undergraduate curriculum
- 2** universities
- 3** education
- 4** degree
- 5** level
- 6** academic
- 7** medical school
- 8** doctor

Speaking

4 Answer the questions.

1. How can I study medical in USA?
2. At what age do doctors graduate in USA?
3. Which doctor takes the shortest time to become?
4. Do doctors make good money in USA?
5. What is the lowest paid Doctor?
6. Can a Doctor be a millionaire in USA?

Writing

5. Describe the medical education using text from Ex.2.

How long is medical education in USA?



Get ready!

6. Before you read the text, talk about this question.

What is the most expensive doctor job?

7. Read and translate the text about blood pressure.

Neurosurgeons are the highest paid physician specialists, earning an average of \$788,313 annually, according to Doximity's "2023 Physician Compensation Report." The results were drawn from survey responses from 190,000 physicians over the last six years, including 31,000 in 2022. Medical school in the United States is a graduate program with the purpose of educating physicians in the undifferentiated field of medicine. Such schools provide a major part of the medical education in the United States. Most medical schools in the US confer upon graduates a Doctor of Medicine (MD) degree, while some confer a Doctor of Osteopathic Medicine (DO) degree. Most schools follow a similar pattern of education, with two years of classroom and laboratory based education, followed by two years of clinical rotations in a teaching hospital where students see patients in a variety of specialties. After completion, graduates must complete a residency before becoming licensed to practice medicine.

Vocabulary

8. Match the antonyms.

- | | | | |
|---|-------------|---|----------|
| 1 | medicine | a | system |
| 2 | education | b | degree |
| 3 | Osteopathic | c | health |
| 4 | hard | d | Medicine |
| 5 | common | e | working |

Speaking

10. Answer the questions.

- Can foreigners become doctors in USA?
- At what age do doctors graduate in USA? How can I learn more about my condition?
- Is medical education free in USA?
- Is it hard to study medicine in us?
- Which doctor takes the shortest time to become?
- Which Doctor is highest paid in USA?
- How long is medical education in USA?



TERM 2



16

Oxford Colleges

Get ready!

1. Before you read the text, look at the picture and answer the question.

- 1 What do you know about Oxford colleges?



Reading

2. Read and translate the text, using the following words.

With an extensive list of renowned Oxford Colleges to choose from, selecting the best and most popular Oxford college can seem overwhelming.

Which Oxford College you choose will impact your choice of student accommodation in Oxford. Our selection of student accommodation in Oxford, including places for undergraduate, postgraduate and international students, is ideal for those looking to be closer to the centre, as well as those looking for a quieter space. Merton College is one of the most popular Oxford colleges and sits at the top of Oxford's Norrington Table with a score of 82.9%. Located in the center of Oxford on Merton Street and only a few minutes' walk from the University of Oxford botanic gardens, T.S. Eliot theater and the university tennis club, Merton College is ideally located for those looking to study in the heart of the student community.

Merton College was founded in 1264, and the famous Mob library (dating from 1373) is considered the oldest, continuously-used library for university academics and students in the world! Past Mertonians include JRR Tolkien, T.S. Eliot, Yang Xianyi, and Naruhito, the Emperor of Japan, to name but a few. Numerous Merton College alumni have led distinguished careers, acquiring Nobel Prizes in chemistry, medicine, philosophy and more.

3. Mark the following statements as a true (T) or false (F).

- 1 The University of Oxford has thirty-nine colleges, and four permanent private halls (PPHs) of religious foundation. Colleges (with the exception of three 'societies of the university') and PPHs are autonomous self-governing corporations within the university.
- 2 St Catherine's College is the largest college within Oxford University and teaches both undergraduate and graduate students.
- 3 Oxford is one of the world's top research universities and boasts world-class facilities for study and research. We are famous for our research excellence and innovation, and home to some of the most talented researchers in the world.
- 4 The University of Oxford is a collegiate research university in Oxford, England. There is evidence of teaching as early as 1096, making it the oldest university in the English-speaking world and the world's second-oldest university in continuous operation.
- 5 Colleges essentially act as mini-universities within the University of Oxford. They are all independent of one another, meaning the student experience from one college to the next could be very different.

Vocabulary

4. Find the Uzbek equivalents the following word combinations from the text.

student
 culture
 relationship
 education
 accommodation
 college
 nationality
 international
 quitter space

5. Answer the following questions.

What is Oxford college known for?
 How do I choose a college to go to Oxford?

What are the characteristics of the Oxford colleges?

How many colleges are in Oxford?

Which is the biggest Oxford college?

Speaking

6. Tell about Oxford colleges using the information from Ex. 3.





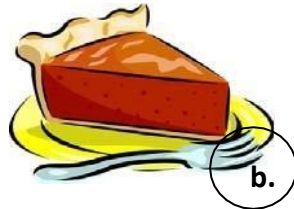
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English & Uzbek Traditional Meals

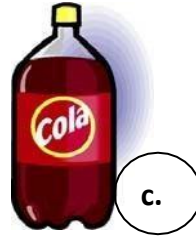
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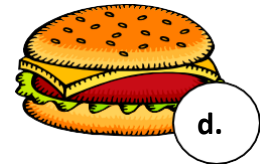
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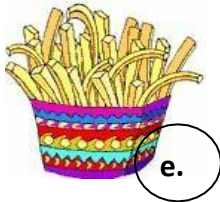
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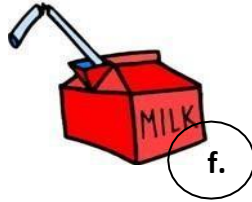
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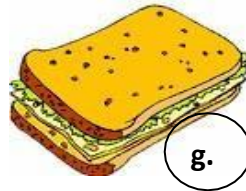
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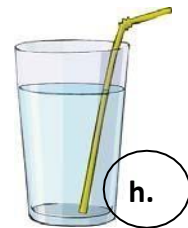
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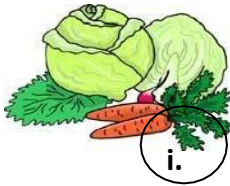
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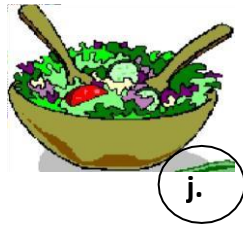
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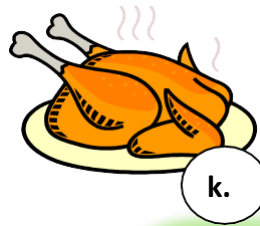
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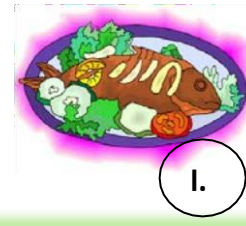
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j.



k.



l.

Get ready!

1. Look at the pictures and match the words with the pictures.

- | | | | | | |
|----------|------------|-----|----------|-----|--------------|
| <u>k</u> | 1.chicken | ___ | 2. fish | ___ | 3.hamburger |
| ___ | 4.sandwich | ___ | 5. fries | ___ | 6.vegetables |
| ___ | 7. salad | ___ | 8. pie | ___ | 9. milk |
| ___ | 10. soda | ___ | 11.water | ___ | 12. coffee |

Reading

2. Read and translate the text.

Meals

There are four meals a day in an English home: breakfast, lunch, tea, and dinner.

Breakfast is the first meal of the day. It is at about 8 o'clock in the morning, and consists of porridge with milk and salt or sugar, eggs – boiled or fried, bread and butter with marmalade or jam. Some people like to drink tea, but others

prefer coffee. Instead of porridge they may have fruit juice,

The usual time for lunch is 1 o'clock. This meal starts with soup or fruit juice. Then follows some meat or poultry with potatoes – boiled or fried, carrots and beans. Then a pudding comes. Instead of the pudding they may prefer cheese and biscuits. Last of all coffee – black or white.

Tea is the third meal of the day. It is between 4 or 5 o'clock, the so-called 5 o'clock tea. On the table there is tea, milk or cream, sugar, bread and butter, cakes and jam.

Dinner is the fourth meal of the day. The usual time is about 7 o'clock. Dinner usually consists of soup, fish or meat with vegetables – potatoes, green beans, carrot and cabbage, sweet pudding, fruit salad, ice-cream or cheese and biscuits.

Vocabulary

3. Read the sentences and choose the correct word.

- 1 There are **four/seven** meals a day in an English home.
- 2 Instead of porridge, they may have fruit **juice/water**.
- 3 The usual time for lunch is **1/3** o'clock.
- 4 Tea is the **second/third** meal of the day.

4. Find Uzbek equivalents from text.

- 1 breakfast
- 2 comprises
- 3 oil
- 4 instead of
- 5 prefer
- 6 meat
- 7 carrot
- 8 sugar
- 9 fish
- 10 cabbage



5. Complete the sentences.

- 1 Breakfast consists of ... with milk and salt or sugar, eggs – boiled or fried, ... and butter with ... or jam.
- 2 Instead of porridge they may have fruit juice, or they may prefer
- 3 Then follows some meat or poultry with potatoes – boiled or fried, ... and beans.
- 4 On the table there is tea, milk or cream, sugar, bread and butter, ... and jam.
- 5 Dinner usually consists of soup, ... or meat with vegetables – potatoes, green beans, carrot and ... , sweet pudding, fruit salad, ice-cream or cheese and biscuits.

Speaking

6. Answer the questions.

- 1 How many times a day do English people eat?
- 2 What do they have for breakfast (dinner, lunch)?
- 3 What do you prefer for breakfast (dinner, supper)?
- 4 When do you usually have your breakfast (dinner, supper)?
- 5 What is the traditional British breakfast?
- 6 What do the British have for the main meal of the day?

Writing

7. Use the answers from Ex.6 to complete your list of everyday menu.

MENU for week of	Monday B _____ L _____ D _____
Tuesday B _____ L _____ D _____	Wednesday B _____ L _____ D _____
Thursday B _____ L _____ D _____	Friday B _____ L _____ D _____
Saturday B _____ L _____ D _____	Sunday B _____ L _____ D _____





18

The role of a sport in a healthy lifestyle

Get ready!

1. Before you read the text, look at the picture and answer the question.

1. What are the health benefits of sports?
2. Why is sport important in our life?
3. What are healthy habits in sport?
4. Why do sports make you happy?
5. How can I be a healthy sport?
6. Why is fitness important in sports?
7. What is being healthy for you?
8. How does lifestyle affect health?
9. What is positive lifestyle?
10. What is health lifestyle?



Reading

2. Read and translate the text.

Sports and games are synonymously used in the context of team spirit, enthusiasm, hard work, and passion. When one thinks about sports, one probably thinks of cricket, football, and hockey. However, there are many more sports or games that are played all around the world. Additionally, one might also think of why sports are essential in a person's life. Simply put, sports or games teach us the value of sacrifice, discipline, elegance, liberality, and solidity, preparing us to lead effectively in life. These qualities in athletes give them the ability to behave effectively regardless of the situation or work.

A person with such potential can significantly contribute to society and the country he/she belongs to. Playing games is also vital for one's physical fitness and general well-being. It also increases the volume of blood that circulates throughout the body. As a result, it contributes to the greatest possible heart health. Participation in outdoor activities also enhances the body's immunity. It also contributes to maintaining a healthy body fat percentage, and as a result, it improves the look of the physique and the attractiveness of the individual.

3. According to the information from Ex.2 mark the following statements as true (T) or false (F).

- 1 Participation in indoor activities also enhances the body's immunity.
- 2 Playing games is also vital for one's physical fitness and general well-being. It also increases the volume of blood that circulates throughout the body.
- 3 Sports and games are synonymously used in the context of team spirit, enthusiasm, hard work, and passion.

Vocabulary

4. Find English equivalents from text.

- 1 sports
- 2 healthy body
- 3 effective
- 4 essential
- 5 body's immunity
- 6 participant
- 7 game
- 8 football
- 9 hockey
- 1 activity
- 0

5. Multiple choice.

1. The typical golf fan is:
 - a) old and rich b) young and wealthy c) old and poor
2. What does the NFL sell for billions of dollars?
 - a) TV rights b) star players c) Superbowl advertising
3. Rugby was not mentioned as popular in which country?
 - a) France b) England c) The United States
4. Why is baseball not popular around the world?
 - a) the rules are too complicated b) it's boring c) it's only played in a few countries

Speaking

6. Test yourself on your healthy life.



1. Who are your sporting heroes? Who are the best sports stars in the world? Who are the best in history?
2. Do sports stars get paid too much money? Why or why not?
3. How has big money affected sports? Has it made them better or worse?
4. Can non-competitive activities be considered as sports? Can you think of any examples?
5. What do you know about extreme sports? Have you tried any? If not, would you like to?
6. What do you think about combat sports like boxing and martial arts?
7. What is the purpose of sports for humanity?
8. Do you think countries compete against each other in sporting events as a replacement for war?

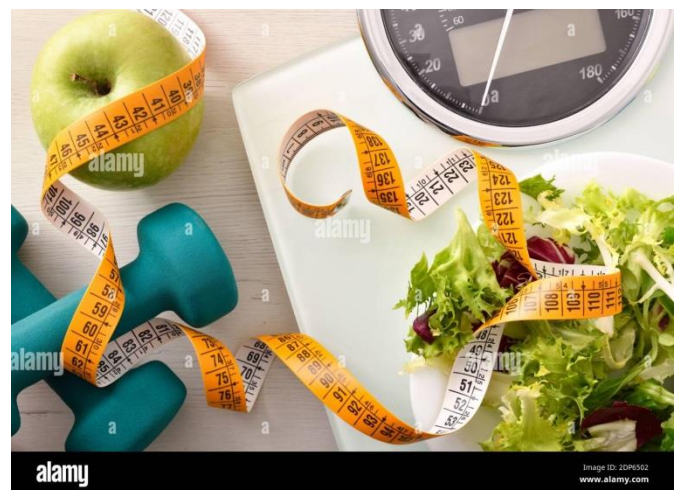
7. Tell about importance of sport.

Writing

Ex.8. Write about your opinion of sport. Try to use some of the vocabulary you learned earlier in this lesson.

In your answer, you could include some of the following topics:

- What your favourite sports are and why.
- Who your favourite sports stars are and why.
- What the purpose of sport is in society.





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Anatomy

Get ready!

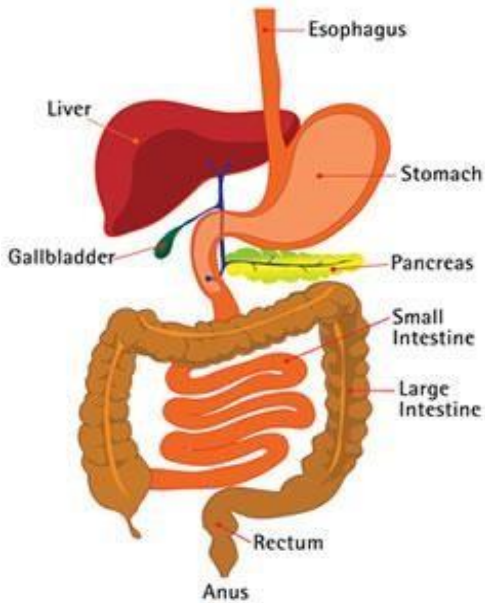
1. Before you read the passage, talk about these questions.

- 1 Name the organs of digestive system.
- 2 What are possible problems that can occur in the digestive system?

Reading

2. Listen and read the advice column on abdominal pains. Then, choose the correct answers.

- 1 What does the man write to the doctor about?
 - A His ulcer will not heal.
 - B His esophagus is burning.
 - C He has increasing stomach pain.
 - D He is concerned about a colonoscopy.
- 2 Which of the following is Not a possible cause of the problem?
 - A an ulcer
 - B appendicitis
 - C an irritated colon
 - D an inflamed small intestine
- 3 Why does the doctor say pain in the stomach should be taken seriously?
 - A The problem could spread.
 - B The pain could have several causes.
 - C The man could die from the condition.
 - D The treatment could take weeks to work.



Dear Dr. Diane:

I've had persistent pains for two days. At first, there was a dull stomach pain. Lately the pain has become sharper. I am a little stressed out because of family and work. Friends say it might be an ulcer. Is it that serious?

-Painful in PA

Dear Painful in PA:

Always take persistent pains seriously. Persistent pain could mean an ulcer. Pain between the heart and **stomach** might mean an **esophagus** problem. Pain lower in the abdomen could mean **appendicitis**. The appendix is between the **small intestine** and **large intestine**. It sometimes becomes inflamed, and causes real problems. It's part of the **digestive system**. But its function is unknown and it can be removed without any consequences.

Your doctor may want to perform a **colonoscopy**. That will check your **colon** and intestines for any serious problems.



Vocabulary

3. Match the words (1-5) with the definitions (A-E).

- 1 appendicitis 4 stomach
2 colonoscopy 5 digestive system

3 esophagus

A a pouch like organ between the esophagus and small intestine.

B a condition where the appendix becomes inflamed

C a muscular tube connecting the mouth to the stomach

D a medical procedure which examines the inside of the colon

E a system of organs which processes food, nutrients and waste

4. Read the sentence pair. Choose where the words best fit the blanks.

1 **small intestine/ large intestine**

A The _____ removes excess water from food as it is turned into waste.

B Nutrients are absorbed from food as it passes through the _____.

2 **ulcer/ colon**

A Jane was worried that her illness had left her stomach susceptible to a(n) _____.

B Much of the bacteria found in the _____ exists harmlessly in the body.

Listening

5. Listen to a conversation between a doctor and patient. Mark the following statements as true (T) or false (F).

- The man is experiencing a new pain.
- The woman suggests that the man get a colonoscopy.
- The man asks to delay the next procedure.

6. Listen again and complete the conversation.

Doctor: Hi Mr. Harvey. You are here because of the stomach pain. Is that right?

Patient: Yeah. It's the 1 _____ as a week ago.

Doctor: All right. You know, we're probably going to 2 _____ a colonoscopy.

Patient: Really? Do you think 3 _____?

Doctor: It's a 4 _____ if you're having persistent lower abdominal pains. We should check for any problems.

Patient: Okay. You have me convinced. What 5 _____?

Doctor: Briefly, we'll insert a fiberoptic camera into the rectum. While the camera is being withdrawn, we'll find the problem.

Patient: All right. 6 _____ than sorry.

Speaking

7. With a partner, act out the roles below based on Ex.6.

Student A: You are a doctor. Talk to Student B about:

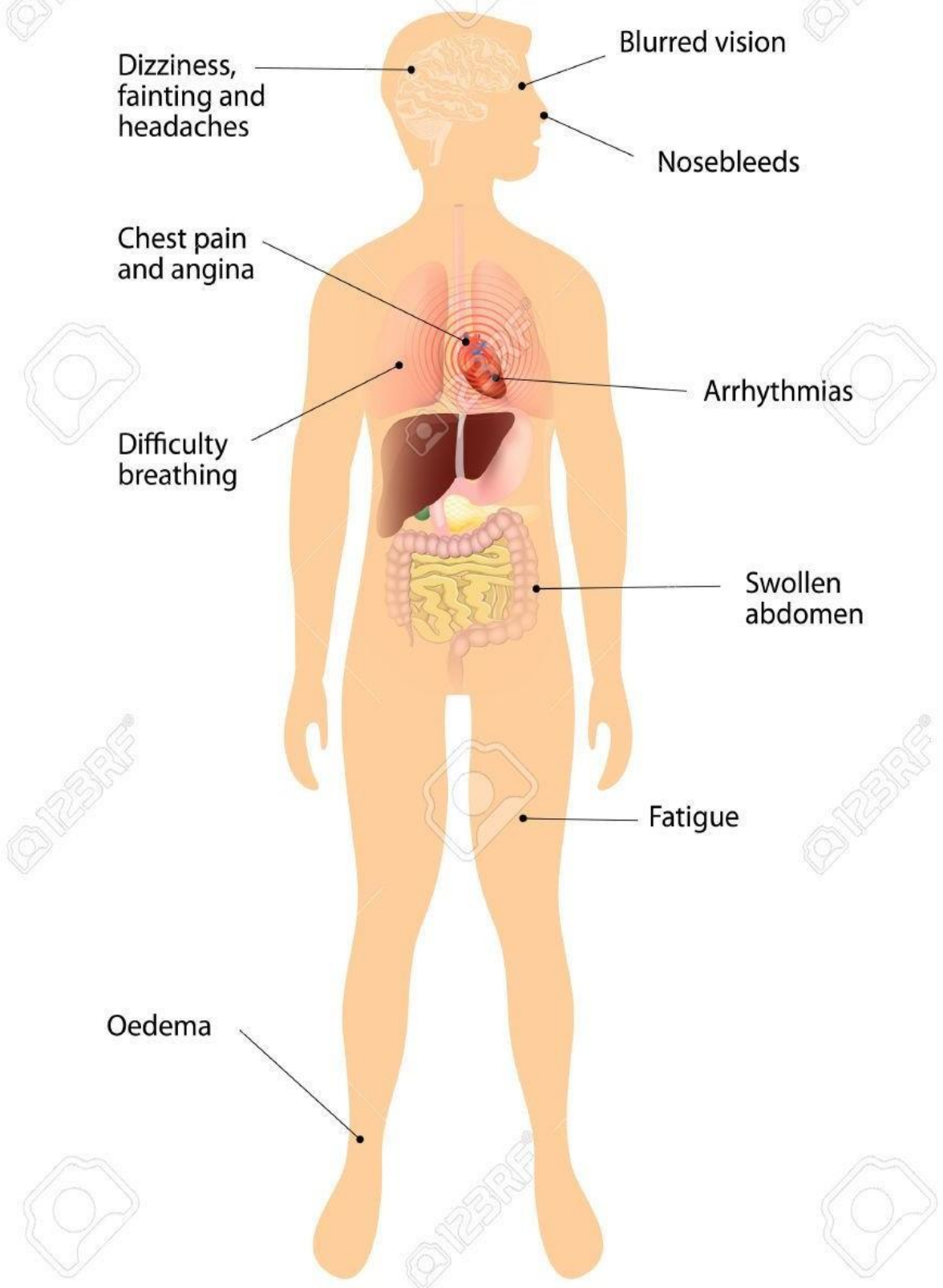
- ✓ The type pain
- ✓ A recommended procedure
- ✓ What the procedure does

Student B: You are a patient. Talk to Student A about your stomach pain.

Writing

8. Use the conversation from Ex.7 to write a doctor's memo describing the patient's problem.

High blood pressure symptoms





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The Heart and the Vascular System

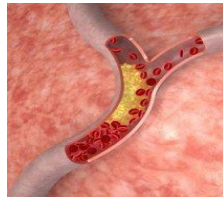
Get ready!

1. Before you read the passage, talk about these questions.

- 1 What are some common kinds of heart disease?
- 2 How can a person lower their risk of heart disease?



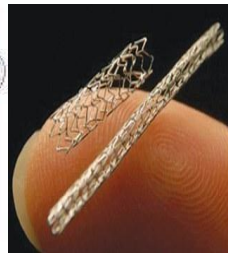
coronary
artery
disease



atherosclerosis



bypass



stent



angioplasty



smoking

Reading!

2. Listen and read the website on heart disease. Then, mark the following statements as true (T) or false (F).

- 1 Hardened artery walls lead to arrhythmia.
- 2 Statins are used to treat atherosclerosis.
- 3 Angioplasty helps patients avoid surgery.

What is Heart Disease? Heart disease is the leading cause of death of the US, but many people know little about it. Heart disease is a term that covers several problems that can affect this vital organ.

Types of heart disease Coronary artery disease, atherosclerosis and arrhythmia are all forms of heart disease. They affect the heart in different ways. For example, in atherosclerosis, fatty materials **harden** artery walls.

Prevention Simple measures can reduce your risk of getting heart disease.

- ✓ Stop smoking
- ✓ Exercise regularly
- ✓ Get regular checkups
- ✓ Reduce stress
- ✓ Eat a healthy diet

Treatment Coronary artery disease can be treated with an aspirin regimen or other drugs. Atherosclerosis treatment often involves taking medications known as statins along with other drugs

Arrhythmia may also be treated with drugs, but a pacemaker can be installed to keep the heart in a regular rhythm. General treatment plans may involve lowering high blood pressure and **cholesterol**. Surgical options for heart disease include installing **stents** or performing open heart surgery option, **angioplasty**, widens blocked arteries by inserting and inflating a balloon

It is critical to take care of your heart. Be sure to follow the prevention tips above get regular checkups.

Vocabulary

3. Match the words (1-5) with the definitions (A-E).

- | | |
|-------------------|---------------|
| 1 heart disease | 4 angioplasty |
| 2 atherosclerosis | 5 arrhythmia |

3 coronary artery disease

A a heart condition in which fatty materials accumulate in arteries and harden their walls

B a condition where the arteries become blocked and narrow, which prevents sufficient blood from reaching the heart

C a surgical procedure that widens an obstructed blood vessel by inserting a balloon and inflating it

D a term for a group of illnesses involving irregular electrical activity in the heart

E A term for a group of illnesses that affect the heart

4. Fill in the blanks with the correct words and phrases from the word bank.

WORD bank:

stent **harden** **cholesterol**
smoking **bypass**

- Cholesterol can cause arteries to _____, leading to atherosclerosis.
- _____ is a major risk factor for heart disease.
- The man required major _____ surgery to increase blood flow to the heart.
- The surgeon inserted a _____ to keep the artery open.
- Eating many fatty foods can significantly increase your _____ levels.

5. Listen and read the website on heart disease again. What are some ways to treat heart disease?

Listening

6. Listen to a conversation between a doctor and patient. Choose the correct answers.

- What is the conversation mainly about?
 - treatment for different heart conditions
 - risk factors for coronary artery disease
 - risk of surgical intervention
 - how to prevent an arrhythmia
- What is a possible treatment for an arrhythmia?
 - diet changes
 - medication
 - surgery
 - regular exercise

7. Listen again and complete the conversation.

Doctor: It could be 1 _____.

Patient: Wow. And what's the simple possibility?

Doctor: That it 2 _____ an arrhythmia.

Patient: Shouldn't we be able to tell what I have, 3 _____ symptoms?

Doctor: Well, they have some of the same 4 _____. Like the shortness of breath and fast heart rate you've had.

Patient: So what types of treatment am I 5 _____?

Doctor: 6 _____ your diagnosis. If it's coronary artery disease, it could be treated with lifestyle changes and drugs. Surgery might be necessary.

Patient: Really? It is that dangerous?

Doctor: Yes, it 7 _____ a fatal heart attack.

Patient: That's scary. What if it's an arrhythmia?

Doctor: Well, some require no treatment at all. Others need medication.

Patient: Then I hope it's just an arrhythmia.

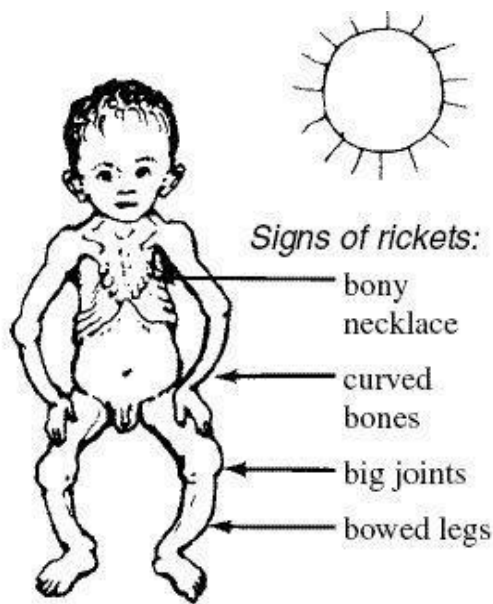


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Children diseases

Get ready!

1. Before you read the text, look at the picture talk about signs of rickets.



SUNLIGHT IS THE BEST PREVENTION AND TREATMENT OF RICKETS

Reading

2. Read and translate the text using the following words.

rickets	рахит
toss	вертеть
side	сторона, бок
bald	лысый
protruding	рахитичный
belly	живот
crooked	искривленный
lack of	недостаток

The first symptoms of rickets may appear very early when the child is only 2 or 3 months old.

The back of the head sweats and a wet place appears on the pillow. The baby tosses his head from side to side and the back of the baby's head becomes bald.

The child often cries and sleeps badly. The child holds up his head later than other children do; sits later, walks later. Grown up children with rickets have protruding bellies, big heads and crooked legs.

The cause of rickets is lack of sunlight, vitamin "D" in the food and wrong care of the children.

If a mother feeds her baby correctly, keeps the baby in the open air for many hours, her baby will not have rickets.

Vocabulary

3. Fill in the blanks with the correct words and phrases from the word bank.

WORD bank:

appear **sweat** **rickets**

- 1 Red rash _____ on his body.
- 2 Lack of vitamin "D" in the food may cause _____.
- 3 He worked hard in the garden and face was covered with _____.

4. Match the word combinations with their translation.

симптомы рахита	wrong care
вертеть головой	crooked legs
спит плохо	cause of rickets
искривлённые ноги	sleep badly
причина рахита	lack of sunlight
неправильный уход	toss head
недостаток солнечного света	symptoms of rickets

Speaking

5. Answer the questions.

- 1 What do you know about rickets?
- 2 Name the symptoms of rickets?
- 3 What can cause rickets?
- 4 Is it important to feed baby correctly and to keep the baby in the open air for many hours? Why?
- 5 Are there any ways of prevention and treatment of rickets?



Writing

6. Translate the notice that we can see at any children's hospital.

Родители! Дети должны много находиться на свежем воздухе. Правильно кормите своих детей, давайте им витамин «Д» – все это поможет вам вырастить здоровых ребят.





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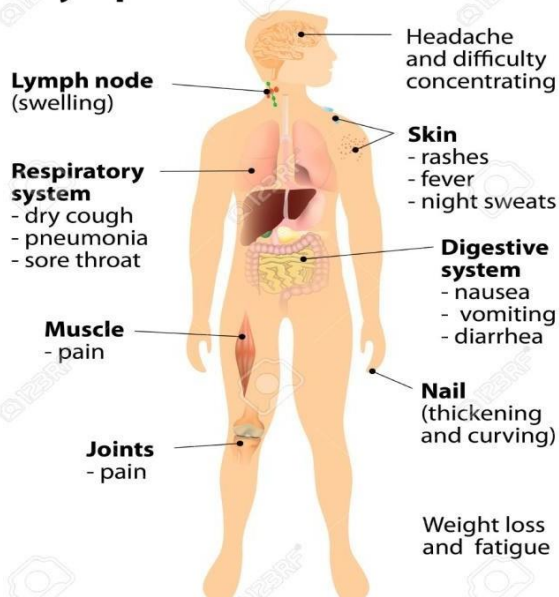
Symptoms and signs

Get ready!

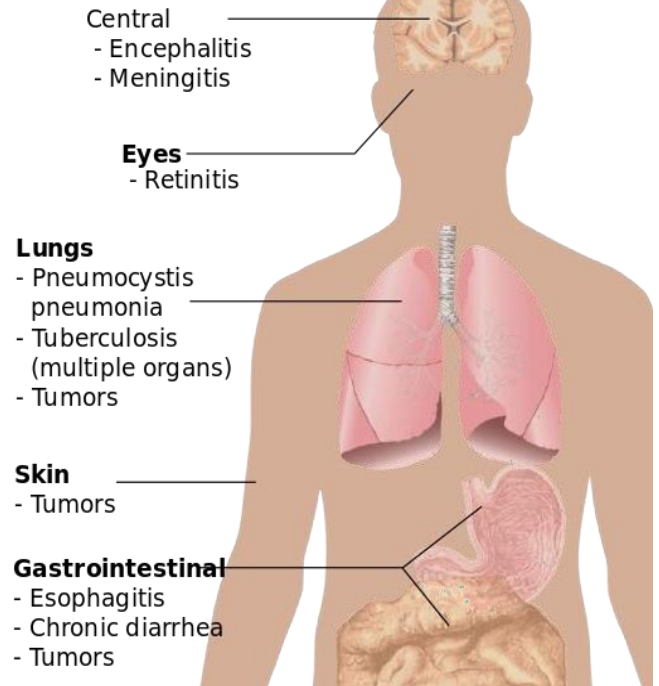
1. Before you read the text, look at the pictures and talk about these questions.

1. What does AIDS mean?
2. Is there any difference between AIDS and HIV?

Symptoms of HIV infection



Main symptoms of AIDS



WHAT MUST YOU KNOW ABOUT AIDS?

Aids is an abbreviation for acquired immune deficiency syndrome. This means that the body's natural defense mechanism against infection is seriously impaired.

Aids is an illness that can kill. Aids is caused by a virus called HIV. People with Aids can look and feel healthy. This is the main risk of the disease.

There is currently no cure for HIV/AIDS. Treatments can slow the course of the disease - some infected people can live a long and relatively healthy life.

HIV is the virus, which attacks the T-cells in the immune system.

AIDS is the syndrome, which appears in advanced stages of HIV infection. HIV infection causes AIDS to develop. However, it is possible to be infected with HIV without developing AIDS. Without treatment, the HIV infection is allowed to progress and eventually it will develop into AIDS in the vast majority of cases. HIV testing can identify infection in the early stages.

What is the difference between a sign and a symptom? A sign is something other people, apart from the patient can detect, such as a swelling, rash, or change in skin color. A symptom is something only the patient feels and describes, such as a headache, fatigue, or dizziness.

Important facts about Aids.

You can get infected with the Aids virus by:

- Having sex with a person who has the virus
- Sharing needles to inject drugs with a person who has the virus.

To protect yourself from Aids:

- You should always use protected sex
- Do not use anyone else's needles.

Don't forget that a woman with the Aids virus can infect her unborn baby. A woman with the Aids virus can also pass it to her baby when breast-feeding.

You cannot get the Aids virus by:

- sitting near someone;
- shaking hands;
- using bathrooms, telephones;
- eating in a restaurant;
- sharing food, dishes;
- swimming in a pool;
- being bitten by mosquitoes or other bugs;
- giving blood.

Reading

2. Read the text and important facts about AIDS. Then, answer the questions.

- 1 What is the main risk of Aids?
- 2 What important facts should we know about Aids?
- 3 What should we do to protect ourselves from Aids?
- 4 Can we get the Aids virus by shaking hands, sharing food, swimming in a pool?
- 5 Can we get the Aids virus through the air?

Vocabulary

3. Match the antonyms.

- | | |
|--------------|------------------|
| 1 defenses | A sick |
| 2 healthy | B inconsiderable |
| 3 known | C attack |
| 4 difference | D unknown |
| 5 important | E similarity |

4. Find English equivalents.

- 1 это значит
- 2 вызванный вирусом
- 3 инфицированный человек
- 4 сыпь
- 5 опухоль
- 6 игла
- 7 защищенный половой акт
- 8 грудное вскармливание
- 9 посуда
- 10 насекомые

Speaking

5. With a partner, act out the roles

below. Student A: You are a doctor. Talk to Student B about:

- his or her symptoms
- likely cause of symptoms
- your recommendations

Student B: You are a patient. You think you have HIV virus. Talk to Student A about your symptoms.

Writing

6. Use the conversation from Ex. 5 and the text and give some advice how to protect yourself from HIV/AIDS.



Grammar Guide

Present Tense:

The **present indefinite** tense, also known as simple present tense, denotes a stative or habitual or eternally true action.

Generally, simple present tense is used to indicate an action which happens – *always, regularly, every day, daily, normally, generally, usually, occasionally, sometimes, often, rarely, frequently, nowadays, naturally, seldom, constantly, never, every week, every year, once a year, on a week, at times, at present, now and then, or all the time.*

Structure:

Subject (third person singular number) + verb in simple present form + s/es +

Subject (all other kinds) + verb in simple present form +

Note:

Person / Number	Singular	Plural
First	I am a good cricket player.	We are good cricket players.
Second	You are an irresponsible person.	You all are always irresponsible.
Third	The earth is smaller than Jupiter.	Junk food is not good for health.

There are some stative verbs that are usually used in simple tenses whether present or past or future.

The stative verbs are:

Have	Hate	Appear	Smell	Sound
Understand	Need	See	Want	Own
Know	Hear	Like	Taste	
Believe	Love	Seem	Wish	

Examples:

- I know Billy Bob.
- He understands it.
- They love swinging in the park.
- Some people do not believe in God.
- I usually wake up at 6:00 AM.
- He plays cricket, but his brother plays football.
- Earth is bigger than Mercury.
- The heat of the sun reaches the least to the polar.

How the Forms of Verbs Change in Different Types of Sentences

Affirmative	Interrogative	Negative
I <i>sing</i> on stage.	<i>Do</i> I sing on stage?	I <i>don't</i> sing on stage.
We <i>run</i> behind the train.	<i>Do</i> we run behind the train?	We <i>don't</i> run behind the train.
You <i>are</i> on the roof.	<i>Are</i> you on the roof?	You <i>aren't</i> on the roof.
Allan <i>writes</i> well.	<i>Does</i> Allan write well?	Allan <i>does not</i> write well.

She <i>hands</i> out leaflets.	<i>Does</i> she hand out leaflets?	She <i>doesn't</i> hand out leaflets.
They <i>love</i> dancing in the rain.	<i>Do</i> they love dancing in the rain?	They <i>don't</i> love dancing in the rain.

Past Indefinite Tense

The past indefinite tense, also known as simple past tense, is used to indicate a **finished or completed** action/task that occurred/happened at a **specific point in time** in the past. 'A specific time' can be diverse and can cover a long period of time but it cannot be undeterminable.

Structure:

Subject + verb in the past form + + adverb of time +

Note: Adverb of time can also be at the beginning of the sentence. Other sentences can also refer to that adverb and can use simple past tense.

Example:

- Alex went to Mexico last year.
- I ate a mango a few minutes ago.
- He had an exam yesterday.
- I used to travel around the world when I was fit. (It can also indicate a habit of the past which is not a habit in the present.)

Past Progressive (Continuous) Tense

The **past progressive tense** is used to demonstrate an action that **was happening** in the past for a period of time in a particular context. The context can be a specific time or another action.

Structures:

Subject + was/were + verb + *ing* + a specific time

Alex was sleeping yesterday at 6.30 AM

I was cleaning the dishes at around 5.30-6.30 yesterday.

When + subject + simple past tense + subject + was/were + verb+*ing* .

. . .

When I went out, you were shouting from behind.

When Alex came, I was sleeping.

Subject + was/were + verb+*ing* + when + subject + simple past tense

. . . .

You were shouting from behind when I went outside.

I was sleeping when Alex came home.

While + subject + was/were + verb+*ing* + subject + was/were + verb+*ing*

While I was sleeping, you were making noises.

While Alex was playing, I was sleeping.

Note: *While* can also be placed between the two clauses, and one of the clauses can be of simple past tense.

Past Perfect Tense

The past perfect is used to demonstrate an action that occurred before another action in the past. There are usually two completed actions in the sentence; one happens before the other.

Structures:

Subject + had + past participle form of the main verb + *before* + subject + simple past tense

Alex had completed the task before the teacher asked.

I had bought a phone before you came here.

***Before* + subject + simple past tense + subject + had + past participle form of the verb + . .**

Before I went to the office, I finished some business with her.

Before she went home, she had taken a test.

Subject + simple past tense + *after* + subject + had + past participle . .

..

Mark ate after I had bought him a bat.

I went to the office after I had finished some business with her.

***After* + subject + had + past participle + subject + simple past tense . .**

..

After I had bought a phone, she came to the shop.

After she had gone, I came in.

Future Tense:

Any action that is scheduled to happen in the future comes under the agenda of the **future tense**. Like any other tense, Future Tense too can be detected by the verb form and the auxiliaries used.

Markers of Future Tense			
Tomorrow	Years to come	Coming week	Ensuing year
Next	Next day	Coming month	Following day
Following	Next month	Coming year	Following week
Days to come	Next week	Ensuing week	Following month
Months to come	Next year	Ensuing month	Following year

The **simple future tense** is used when an action is promised/thought to occur in the future. The simple foreseen outcomes are stated in the future indefinite tense. "Shall/will" marks the future indefinite tense.

Structure:

Subject + shall/will + verb +

Example:

- We shall move to another city.
- He will come to New York tomorrow.
- They will make a phone which has artificial intelligence.
- It will rain in the coming hours.
- There will be a hard few days ahead of us.

Note: In some cases, the present progressive tense can be used when an action is promised/arranged/planned to take place in the future.

Example:

- We are moving to Texas next week.
- We are leaving at 6.00 PM.
- They're going to do as you say.
- Dan is meeting me at 9 AM.
- I am hoping to see you soon.

Future Continuous Tense

The future continuous tense is used when an action is promised/thought to be going on at a specific time/context in the future.

Structure:

Subject + shall/will + be + verb+ing

Example:

- I shall be sleeping at around 6.00 AM tomorrow.
- They will be playing at this time tomorrow.
- She will be watching TV when I come home.
- I will be working in the office while you watch a movie.

Future Continuous Tense often adds an extra layer of politeness to normal speech. "Will you be starting to decorate the room today?" is politer and considerate in a manner than the simple "Are you starting to decorate the room today?" which sounds more like a command that is late to be followed.

Future Indefinite Tense vs Future Continuous Tense

The sentences in Future Indefinite Tense and Future Continuous Tense pose a very similar kind of attitude and some may seem identical in manner. The major difference here is the tone that sets the tenses apart. Let's compare the tone and attitude between them to get a clear idea about how they differ.

Future Indefinite Tense	Future Continuous Tense
Ben will take the trash out. (<i>Just decided</i>)	Ben will be taking the trash out. (<i>Previously decided upon</i>)

Will you join us for dinner? (<i>Invitation</i>)	Will you be joining us for dinner? (<i>Reconfirming possible previous arrangements</i>)
She will help decorate the house. (<i>Willing</i>)	She will be helping to decorate the house. (<i>A previous arrangement</i>)

What is Adjective?

An **adjective** describes or modifies noun/s and pronoun/s in a sentence. It normally indicates quality, size, shape, duration, feelings, contents, and more about a noun or pronoun.

Adjectives usually provide relevant information about the nouns/pronouns they modify/describe by answering the questions: *What kind? How many? Which one? How much?* Adjectives enrich your writing by adding precision and originality to it.

Example:

- The team has a dangerous batsman. (What kind?)
- I have ten candies in my pocket. (How many?)
- I loved that red car. (Which one?)
- I earn more money than he does. (How much?)

Descriptive Adjectives:

A **descriptive adjective** is a word which describes nouns and pronouns. Most of the adjectives belong in this type. These adjectives provide information and attribute to the nouns/pronouns they modify or describe. Descriptive adjectives are also called **qualitative adjectives**.

Participles are also included in this type of adjective when they modify a noun.

Examples:

- I have a fast car. (The word 'fast' is describing an attribute of the car)
- I am hungry. (The word 'hungry' is providing information about the subject)

Descriptive Adj. is divided into two types.

1. **Attributive Adj.**
2. **Predicate Adj.**

1. Attributive Adjective:

It attributes quality, shape etc. to the Noun. The adjective that comes right before the Noun it defines is an Attributive Adj.

Examples:

- That's a little baby.
- She is one feisty cat.
- Your dad is an angry man.

2. Predicate Adjective:

Predicate Adj. or Predicative Adj. that comes after a Linking Verb instead of before a Noun. It is also known as Subject Complement.

Examples:

- I am happy.
- Your dad is proud of you.
- The cat lady was crazy.

Quantitative Adjectives:

A **quantitative adjective** provides information about the quantity of the nouns/pronouns. This type belongs to the question category of 'how much' and 'how many'.

Examples:

- I have 20 bucks in my wallet. (How much)
- They have three children. (How many)
- You should have completed the whole task. (How much)

Proper Adjectives:

Proper adjectives are the adjective form of proper nouns. When proper nouns modify or describe other nouns/pronouns, they become proper adjectives. 'Proper' means 'specific' rather than 'formal' or 'polite.'

A proper adj allows us to summarize a concept in just one word. Instead of writing/saying 'a food cooked in Chinese recipe' you can write/say 'Chinese food'.

Proper adjectives are usually capitalized as proper nouns.

Example:

- American cars are very strong.
- Chinese people are hard workers.
- I love KFC burgers.
- Marxist philosophers despise capitalism.

Demonstrative Adjectives:

A **demonstrative adjective** directly refers to something or someone. Demonstrative adjectives include the words: *this, that, these, those*.

A demonstrative pronoun works alone and does not precede a noun, but a demonstrative adj always comes before the word it modifies.

Examples:

- That building is so gorgeously decorated. ('That' refers to a singular noun far from the speaker)
- This car is mine. ('This' refers to a singular noun close to the speaker)
- These cats are cute. ('These' refers to a plural noun close to the speaker)
- Those flowers are heavenly. ('Those' refers to a plural noun far from the speaker)

Possessive Adjectives:

A **possessive adjective** indicates possession or ownership. It suggests the belongingness of something to someone/something.

Some of the most used possessive adjs are *my, his, her, our, their, your*.

All these adjectives always come before a noun. Unlike possessive pronouns, these words demand a noun after them.

Examples:

- My car is parked outside.
- His cat is very cute.
- Our job is almost done.
- Her books are interesting.

Interrogative Adjectives:

An **interrogative adj** asks a question. An interrogative adj. must be followed by a noun or a pronoun. The interrogative adjectives are: *which, what,*

whose. These words will not be considered adjectives if a noun does not follow right after them.

Examples:

- Which phone do you use?
- What game do you want to play?
- Whose car is this?

Numeral Adjective:

The adjectives defining how many, how much and in what number are usually Numeral Adj.

Examples:

- There are **four** cats.
- I don't like doing **two** things at a time
- Rehan has stood **first** in the Board exam.

There are three types of Numeral Adj. and they are –

1. **Definite Adj.**
2. **Indefinite Adj.**
3. **Distributive Adj.**

1. Definite Adjective:

Definite Adj. or Definite Numeral Adj. begets definitive numeric answers as in reply to “How many?” questions.

Examples:

- **Two** doors lead to the main entrance of the castle.
- I am **27** years old.
- I've run **3** miles this afternoon.

Definite Adj. are divided into two categories –

1. **Cardinal Adj.**
2. **Ordinal Adj.**

a. Cardinal Adjective:

These indicate definitive numbers in sentences.

- 2 kilos of rice, please.
- Let's add **two** spoons of sugar to my tea.
- Have one glass of water, you will feel much better.

b. Ordinal Adjective:

These indicate positions in a series or order.

- You are my **first** friend at this school.
- I live on the **third** floor.
- This is my **fourth** glass of milk today.

2. Indefinite Adjectives:

It describes or modifies a noun unspecifically. They provide indefinite/unspecific information about the noun. The common indefinite adjectives are *few*, *many*, *much*, *most*, *all*, *nobody*, *several*, *some*, etc.

Examples:

- I gave some candy to her.
- I want a few moments alone.
- Several writers wrote about the recent incidents.
- Each student will have to submit homework tomorrow.

3. Distributive Adjectives:

These distribute the numbers indefinitely among each and every noun or pronoun in consideration. "Each" and "every" are the two most widely used adjectives of this type.

- **Each** birthday I bake a chocolate cake for my brother.
- I like **every** flavor of this ice cream brand.
- **Each** day I wake up at 5 am.

Compound Adjectives:

When compound nouns/combined words modify other nouns, they become compound adj. This type of adjective usually combines more than one word into a single lexical unit and modifies a noun. They are often separated by a hyphen or joined together by a quotation mark.

Example:

- I have a broken-down sofa.
- I saw a six-foot-long snake.
- He gave me an “I’m gonna kill you now” look.

Absolute Adjective:

There are some adjectives that cannot be graded, intensified or reduced in intensity with the help of any kind of modifier. Absolute Adj. are often found in the superlative degree.

Examples:

- I am still alive.
- The color is just perfect.
- This style is very unique.

Exclamatory Adjective:

There are a couple of WH question words that are used as adjectives that help turn a sentence into Exclamatory sentences and they are - **What** and **How**. These are termed as Exclamatory Adj.

Example:

- What a day!
- How majestic!
- How lucky I am!
- What a great way to start the day!

Emphasizing Adjective:

These emphasize the preceding noun. "Own" and "very" are the two most commonly used Emphasizing Adj. in the English language.

Examples:

- We put them out with our own hands.
- Keep playing the piano with your own hands.
- It all went down in front of their very eyes.
- This very moment you should clear out of this apartment.

Noun as Adjective:

There are Nouns that act as Adjectives on particular occasions and they are termed as Adjectival Nouns. They are also known as Noun Modifiers or Attributive Nouns.

Examples:

- Hadn't you just bought a sports car?
- This is my first cookbook.
- Your dad owns a shabby motorbike.

Adjective of Origin:

The adjective that specifies the origin of the preceding noun is termed as the adjective of origin.

Examples:

- I'll have one Mexican rice with some fried chicken.
- Romi can play the Hawaiian guitar.
- Let's groove to those Jamaican beats.

Adjective of Color:

The adjective that indicates the color of the preceding noun is termed as the adjective of color.

Examples:

- Looking at the blue sky makes your heart kinder.
- Red roses are symbols of affection.
- I love the violet curtains at my house.

Adjective of Position:

The adjective that pinpoints the position of the preceding noun is the adjective of position.

Examples:

- Go to the nearby store.
- That is a faraway destination.
- I choose the middle shade.

Adjective of Shape:

If the adjective before the noun determines the shape of it, that is the adjective of shape.

Examples:

- Squats will get you those round buttocks.
- Soccer is played on an oval field.
- I need a plain surface for the project.

The Degree of Adjectives:

There are three degrees of adj: *Positive, comparative, superlative*.

These degrees are applicable only for descriptive adj.

Examples:

- **Positive degree:** He is a good boy.
- **Comparative degree:** He is better than any other boy.
- **Superlative:** He is the best boy.

Prepositions of Time Usage

Prepositions of time show the relationship of time between the nouns to the other parts of a sentence.

Common preposition of time: *On, at, in, from, to, for, since, ago, before, till/until, by*, etc. are the most common.

AT:

At always indicates an exact and specific time.

Example:

- I started working at 10 AM.
- The movie starts at 6 PM.
- The shop closes at 30 AM.

Note: Exceptions are that we say – at the weekend, at night, at Christmas, at Easter, at the moment, etc.

On:

On generally indicates a fixed date or a day.

Example:

- I'll see her on Friday.
- He broke a record on Monday morning.
- I have a meeting on 25 October.

In:

In generally indicates an indefinite and unspecific time of months, seasons, years, centuries, etc.

Example:

- I will get a holiday in December.
- Murphy was born in 2001.

Note: Some very common exceptions are – in the morning, in the evening, in the afternoon, in five minutes, in six days, in two years, etc.

From....to:

From....to indicates a fixed time-span with the beginning and the end.

Example:

- I worked there from 2010 to 2017.
- I usually work from Saturday to Thursday.
- I will stay there from 10 AM to 6 PM.

Until/till:

Until/till indicates a specific or unspecific time/event up to a point.

Example:

- They will not return until Friday.
- Wait for me until I return.
- I do not give up until I am succeeded.
- I will be there until Monday.

Since:

Since indicates a time-span beginning in a time in the past and still continuing in the present (now).

Example:

- Alex has been in the village since Sunday.
- He has been suffering from fever since Friday.
- Robin and Susan have been friends since childhood.

For:

For indicates a period of time (amount of time) in the past, present or future.

Example:

- He stayed there for four days.
- I will be staying there for five months.
- I will work with them for a year.
- He was standing there for a long time.

Before:

Before indicates a prior event/ period of time from a point.

Example:

- Robin was very nervous before the interview.
- I want to leave before lunch.
- These batsmen should not get out before the tea break.
- Before going, close all the window.

After:

After indicates a following event/period of time from a point. This preposition is the exact opposite of *before*.

Example:

- Robin felt confident after the interview.
- I want to leave after lunch.
- After playing football, we went home.

During:

During indicates a period of time throughout the course or duration of any event or action.

Example:

- Robert was sleeping during the film.
- They don't talk during dinner.
- I don't usually smoke during office time.

By:

By means 'within the extent or period of; during' something.

Example:

- I will complete the assignment by Sunday.
- He will return by 6 PM.
- I will submit the list by 11 AM.

Article: Definition & Types

There is no doubt that articles are **adjectives** since they modify the nouns after them. But articles have some special significance as **determiners**. Articles determine the standard of nouns.

There are **two types** of articles:

1. **Definite Article** - *the*

The makes the noun something particular and definite.

Example:

Give me the ball.

(Here, the speaker is telling someone to give him/her a particular ball about which the speaker and the listener both are aware. There is no possibility of the ball to be anything else rather than the speaker and the listener idea of that particular ball.)

2. **Indefinite Article** - *a & an*

A & an - make the noun something general and indefinite.

Example:

- Give me a ball.

(Here, the speaker is telling someone to give him/her a random ball about which the listener is not particularly aware of, and s/he might ask 'which/what kind of ball you want?'.)

- Give me an egg. (It can be any kind of egg – the possibility is open.)

Additional Exercises


 1

Check the knowledge!

1. When didn't take place? Itplace long before you were born.
A) takes B) took C) has taken D) had taken
2. Itelevision last night when my friend rang
A) Watched B) was watching C) will watch D) have watched
3. The secretaryall the documents by the time the dean came.
A) Has typed B) was typed C) was typing D) had typed
4. She is impossible to deal! You can never relyher.
A) With/on B) with/in C) with/for D) for/on
5. Once introducedEurope, the hab'tsmoking spread.....the world.
A) To/of/round B) in/in/over C) at/for/with D) about/to/near
6. Have another helpingsalad? No, thank you. I don't care.....salads.
A) In/to B) to/for C) of/in D) for/to
7. No one but the wearer knows where the shoe.....pinches.
A) ----- B) has to C) had to D) might
8. Last week I.....go to London on business trip.
A) Might B) had to C) could D) ought to
9. There iswater in this jug than in that one.
A) Less B) little C) least D) the least
- 10.....difficulty the rule is I understand.
A) More/less B) the most/ the least C) the more/the less D) much/little
- 11.The silence as the two men stared at one another was than thunder.
A) Loud B) loudest C) louder D) not loud
- 12.She said: "When did you start learning English?"
She wanted to know whenlearning English.....
A) I started B) I start C) I had started D) did I start
- 13.He said: "I am listening to the music now".
He said
A) He listened to the music then.
B) I was listening to the music then.



1. Choose the correct answer.

2. The plane flew lowthe field.

- A) Beside B) across C) above D) along

3. John needs a new casehis camera.

- A) For B) to C) of D) off

4. She said: "How can I get to the nearest bookshop?"

She askedto the nearest bookshop.

- A) If she could get
 B) how could she get
 C) Where the bookshop was
 D) How she could get

5. Once introducedEurope, the hab'tsmoking spread.....the world.

- B) To/of/round B) in/in/over C) at/for/with D) about/to/near

6. Have another helpingsalad? No, thank you. I don't care.....salads.

- B) In/to B) to/for C) of/in D) for/to

7. No one but the wearer knows where the shoe.....pinches.

- B) ----- B) has to C) had to D) might

8. Last week I.....go to London on business trip.

- B) Might B) had to C) could D) ought to

9. There iswater in this jug than in that one.

- B) Less B) little C) least D) the least

10.difficulty the rule is I understand.

- B) More/less B) the most/ the least C) the more/the less
 D) much/little

11. She _____ you a letter three weeks ago

- A. has sent
 B. send
 C. was sending
 D. sent

12. Choose the correct answer.

"Before comprehensive schools were introduced, in 1968 by the British government all children took an exam at the ... of 11 called "eleven plus".

- A) aged B) ageless C) ages D) age

3

1. I can't make a phone call. I _____ any change.
 - A) hadn't
 - B) haven't got
 - C) had no
 - D) didn't have
2. How long _____ he _____ here?
 - A) would / work
 - B) are / working
 - C) is / working
 - D) has been / working
3. Don't believe him. He _____ always _____ the truth. He _____ a liar.
 - A) doesn't / tell / is
 - B) don't / told / was
 - C) doesn't / tells / was
 - D) didn't / tells / is
4. Every Valentine Day people _____ Valentine cards and _____ them to people they love.
 - A) make / send
 - B) will make / send
 - C) make / sent
 - D) have made / sent
5. This is the most interesting book I _____ ever _____.
 - A) had . read
 - B) have / read
 - C) have been / reading
 - D) - / read
6. Hello; I _____ you for ayes. Where _____ you _____ all this time.
 - A) doesn't see / had been
 - B) haven't seen / have been
 - C) don't see / were
 - D) haven't been / had been.
7. Where is Timur? I think he _____ football in the yard. He always _____ football after classes.
 - A) playing / play
 - B) plays / is playing
 - C) is playing / plays
 - D) played / was playing
8. Two hours ago when the children _____ in the yard a terrible storm _____.
 - A) were playing / began
 - B) played / began
 - C) were playing / were beginning

D) play / begins

Choose the appropriate form of the verb.

9. Last summer we _..._ a trip Aktash.

- A. has made
- B. are making
- C. made
- D. shall make

10. What _..._ you ... between 7 and 9 o'clock last night?

- A. have | done
- B. do | do
- C. are | doing
- D. were | doing

11. She _____ you a letter three weeks ago

- E. has sent
- F. send
- G. was sending
- H. sent

12. Choose the correct answer.

"Before comprehensive schools were introduced, in 1968 by the British government all children took an exam at the ... of 11 called "eleven plus".

- A) aged
- B) ageless
- C) ages
- D) age

13. Choose the correct answer.

Jane has to leave early. She says she ... to be in London by 7 o'clock this evening.

- A) must
- B) should
- C) is able
- D) has

14. Choose the correct answer.

15. Choose the correct answer.

Jane has to leave early. She says she ... to be in London by 7 o'clock this evening.

- A) must
- B) should
- C) is able
- D) has

16. Choose the correct answer.

Bob got tired. It's going to be difficult for him to find ... job.

- A) the other
- B) others
- C) another
- D) other

17. Choose the correct answer.

I'll start cooking after I ... a rest.

- A) will have
- B) had had
- C) have had
- D) am having

18. Choose the correct answer.

The head teacher expected me ... to the meeting earlier.

- A) come
- B) to come
- C) coming
- D) came

19. Choose the correct answer.

We've been back to Turkey ... times now, and we always enjoy it.

- A) a few
- B) a little
- C) few
- D) little

20. Choose the correct answer.

"That's why I didn't take it". He explained to me why he ... it.

- A) hadn't taken B) didn't take
C) wasn't taken D) hasn't taken

Q:	1	2	3	4	5	6	7	8	9	10
A:										
Ch:										

Q:	11	12	13	14	15	16	17	18	19	20
A:										
Ch:										



1. Choose the correct answer.

If you train your dogs well, they ... cause trouble as they are loyal and intelligent.

- A) wil B) would C) wouldn't D) won't

2. Choose the correct answer.

I'm so sorry about my mistake. I acted in such a way without... , in fact I did it from force of habit.

- A) thought B) thinks C) think D) thinking

3. Choose the right form of the verb.

She likes to wear the scarf... by her mother.

- A) to knit B) knit C) knitted D) knitting

4. Choose the correct answer.

My brother paid me a small... while I was at college.

- A) allowable B) allow
C) allowance D) allowing

5. Choose the correct answer.

You can't use this refrigerator at the moment, it... fixed by the mechanic.

- A) was B) is being C) has been D) was being

6. Choose the correct answer.

For the past few days I have been working in Jack's office, as my own office ... now.

- A) redecorated B) is being redecorated

- C) was redecorated D) had been redecorated
7. Choose the correct answer.
Nadya didn't join the rest of... She sat in the back of the room by herself.
A) our B) ours C) us D) hers
8. Choose the correct answer.
Her smile was something he ... before.
A) never saw B) has never seen
C) did never see D) had never seen
9. Choose the correct answer.
I'm sorry you weren't at the concert. I wish you ... there.
A) were B) haven't been
C) wouldn't be D) had been
10. Choose the correct answer.
"Colour" is spelled with a "u" in the British English, but there is ... "u" in the American English spelling "color".
A) any B) no C) – D) some
C) play D) played
11. Choose the correct answer.
In 1970 the Beatles split... and each member pursued another musical career.
A) with B) down
C) up D) out
12. Choose the correct answer.
"Before comprehensive schools were introduced, in 1968 by the British government all children took an exam at the ... of 11 called "eleven plus".
A) aged B) ageless C) ages D) age
13. Choose the correct answer.
Jane has to leave early. She says she ... to be in London by 7 o'clock this evening.
A) must B) should C) is able D) has
14. Choose the correct answer.
Bob got tired. It's going to be difficult for him to find ... job.
A) the other B) others C) another D) other
15. Choose the correct answer.
I'll start cooking after I ... a rest.
A) will have B) had had
C) have had D) am having
16. Choose the correct answer.
The head teacher expected me ... to the meeting earlier.
A) come B) to come C) coming D) came
17. Choose the correct answer.
We've been back to Turkey ... times now, and we always enjoy it.
A) a few B) a little C) few D) little
18. Choose the correct answer.
"That's why I didn't take it". He explained to me why he ... it.
A) hadn't taken B) didn't take
C) wasn't taken D) hasn't taken

19. Choose the appropriate form of the adjective.

Many people would say that my job must be ... component of my life.

- A) much more stressful B) stressful
C) less stressful D) the most stressful

20. Choose the correct answer..

The island was named by a Dutch explorer who landed there on ... Easter Day in 1722.

- A) the B) a C) - D) an

Q:	1	2	3	4	5	6	7	8	9	10
A:										
Ch:										

Q:	11	12	13	14	15	16	17	18	19	20
A:										
Ch:										



Decide which answer A), B), C) or D) best fits each space.

The Mice meeting

Once upon a time a number of mice called a meeting to decide upon __1__ of getting rid __2__ of a cat that had killed their relatives.

Various plans __3__ and rejected, __4__ at last a young mouse Proposed that a bell __5__ round the tyrant's next in future so that they __6__ of warning of her movements and there fore time to escape.

The suggestion was received __7__ by nearly all, but an old mouse who had sat silently __8__ to the talk for some time, got up and said:

“ while I can consider the plan __9__ a very clever one, and feel sure that it __10__ to be quite successful if carried out.

1. A) the best means C) best mean
B) best means D) the best mean of

2. A) himself C) them selves
B) themselves D) them selvs
3. A) discussed C) was discussed
B) were discussing D) were discussed
4. A) until C) as far as
B) unless D) as long as
5. A) will be hung C) should hang
B) will hang D) should be hung
6. A) would have plenty C) would had a plenty
B) would have plenty D) will have plenty
7. A) joy C) joy fullness
B) joyful D) joy fully
8. A) listen C) listened
B) listening D) and listen
9. A) to be C) is to be
B) be D) is being
10. A) will prove C) would prove
B) will be prove D) would be prove

Choose the appropriate form of the verb

11. I am sure that his work ... by the end of the month.
A) will have been completed
B) will complete
C) has completed
D) had been completed
12. We are waiting for our mother. We _____ our supper when she _____.
A) shall have / comes
B) have / comes
C) have / will
D) shan't have / come
13. Mr. White _____ to Tashkent next week. I think he _____ here for a week or so.
A) came / is staying
B) comes / stays
C) is coming / will stay
D) will come / stays
14. I promise not to leave the room until she _____.
A) comes



1. Choose the correct answer.

You could have come first and won the race if you ... faster.

A) ran B) were running C) would have run D) had run

2. Choose the correct answer.

If you make a good ... at the interview, you will get the job.

A) impress B) impressing C) impression D) impressed

3. Choose the correct answer.

The stories written by O' Henry are as full of life as ... written by Mark Twain.

A) these B) theirs C) that D) those

4. Choose the correct answer.

- Don't you know I'm a hockey fan?

- ... I shout for "Dinamo".

A) Either do I B) He is too C) Not, did I D) So am I

5. Choose the correct answer.

1980 was the year when I first went back to the small village ... I was born.

A) that B) when C) which D) where

6. Choose the correct answer.

The great English scientist Isaac Newton ... not far from Cambridge.

A) are born B) was born C) born D) is born

7. Choose the correct answer.

I'm very busy today. There is a lot of work... for me to do.

A) wait B) waiting C) waits D) to wait

8. Choose the correct answer.

Mum was angry with me again. I ... hadn't done my homework when she came home.

A) yet B) still C) just D) already

9. Choose the correct answer.

This box is too heavy for me to carry. Can ... two of you help me? A) a B) the C) some D) -

10. Choose the correct answer.

"Road will be closed for 2 months. Commuters should seek alternate routes.

" The newspaper said...

A) that road has closed for 2 months and commuters should seek alternate routes.

B) that road will not be closed for 2 months and that commuters should seek alternate routes.

C) that road is closed for 2 months and commuters should seek alternate routes.

D) that road would be closed for 2 months and that commuters should seek alternate routes.

Choose the correct answer.

Q:	11	12	13	14	15	16	17	18	19	20
A:										
Ch:										



1. Choose the correct answer.

You could have come first and won the race if you ... faster.

A) ran B) were running C) would have run D) had run

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A) Either do I B) He is too C) Not, did I D) So am I

5. Choose the correct answer.

6. Choose the correct answer.

For the past few days I have been working in Jack's office, as my own office ... now.

A) redecorated B) is being redecorated

C) was redecorated D) had been redecorated

7. Choose the correct answer.

Nadya didn't join the rest of... She sat in the back of the room by herself.

A) our B) ours C) us D) hers

8. Choose the correct answer.

Her smile was something he ... before.

A) never saw B) has never seen

C) did never see D) had never seen

9. Choose the correct answer.

I'm sorry you weren't at the concert. I wish you ... there.

- A) were B) haven't been
 C) wouldn't be D) had been
 10. Choose the correct answer.

"Colour" is spelled with a "u" in the

British English, but there is ... "u" in the American English spelling "color".

- A) any B) no C) – D) some
 C) play D) played

Choose the appropriate form of the verb

11. I can't make a phone call. I _____ any change.

- A) hadn't
 B) haven't got
 C) had no
 D) didn't have

12. How long _____ he _____ here?

- A) would / work
 B) are / working
 C) is / working
 D) has been / working

13. Don't believe him. He _____ always _____ the truth. He _____ a liar.

- A) doesn't / tell / is
 B) don't / told / was
 C) doesn't / tells / was
 D) didn't / tells / is

14. Every Valentine Day people _____ Valentine cards and _____ them to people they love.

- A) make / send
 B) will make / send
 C) make / sent
 D) have made / sent

15. This is the most interesting book I _____ ever _____.

- A) had . read
 B) have / read
 C) have been / reading
 D) - / read

16. Hello; I _____ you for ayes. Where _____ you _____ all this time.

- A) doesn't see / had been
 B) haven't seen / have been
 C) don't see / were
 D) haven't been / had been.

17. Where is Timur? I think he _____ football in the yard. He always _____ football after classes.

- A) playing / play
 B) plays / is playing
 C) is playing / plays

D) played / was playing

18. Choose the correct answer.

- I can hardly find enough money for buying a house.

- Shake!

A) Neither can I B) So can't I

C) So do I D) Nor I can

19. Choose the correct answer.

If I won the lottery, I ... you half the money.

A) would give B) give C) gave D) will give

20. Choose the correct answer.

He promised that he ... call my mother to wish her a happy birthday.

A) would get used to. B) would C) used to. D) will

Q:	1	2	3	4	5	6	7	8	9	10
A:										
Ch:										

Q:	11	12	13	14	15	16	17	18	19	20
A:										
Ch:										



1. Choose the correct answer.

Granny evidently didn't hear us, that's why we ... to knock loudly before she opened the door.

A) should B) must C) might D) had

2. Choose the correct answer.

- I haven't seen Ann since we left school, and you?

A) I also B) Neither have I.

C) So have I. D) I too.

3. Choose the correct answer.

I have five pens in different colours. pencil do you want?

A) Which B) That C) How D) When

4. Choose the correct answer.

Claire: Did you have a nice weekend in Paris? Mark: Yes, thanks. It was good. We had a look round the Louvre. There was so much in there.

- A) won't know B) didn't know
C) don't know D) haven't known

5. Choose the correct answer.

We will miss the plane, if we stuck in a traffic jam.

- A) got B) will get C) get D) had got

6. Choose the best answer.

NASA's Space Shuttle is a spectacular of technology and innovation.

- A) achievable B) achieve
C) achievement D) achievements

7. Choose the correct answer.

"I'm sorry I forgot your birthday," I said to her. I said that I was sorry I had forgotten birthday.

- A) your B) my C) his D) her

8. Choose the correct answer.

I find it difficult to talk to Alan because we have so in common.

- A) little B) few C) small D) less

9. Choose the correct answer.

The tide was out and the children were digging in ... wet sand, building sand castles.

- A) some B) a C) – D) the

10. Choose the correct answer.

When I was waiting in the hall, I saw the secretary ... with a file in her hand.

- A) came out B) had come out
C) come out D) to come out

11. Find the wrong statement

(1)I'm going to do (2)a lot of things (3) while I (4)will be on holiday.

- A) 3 B) 4 C) 2 D) 1

12. Choose the correct answer

Cats can survive falls from great... because of their ability to turn themselves up the right way and spread the impact of landing across their whole bodies.

- A) height B) high C) highly D) higher

13. Choose the correct answer

I prefer this chair to the other one. It's ... comfortable.

- A) more B) the more
C) much D) the most

14. **Choose the correct answer.** While I was away Mike offered ... care of my garden.

- A) took B) to take
C) take D) taking

15. Choose the correct answer.

I forgot to take the spaghetti out of the water and ... went soft.

- A) they B) it C) he D) she

16. Choose the correct answer.

Having heard the terrible weather forecast, we decided not... to the seaside.

A) travelling. B) travel C) to travel D) travelled

17. Choose the correct answer.

I wonder where you get your dresses they are so fashionable.

A) to make B) made C) make D) being made

18. Choose the correct answer.

Though Christmas is celebrated on December 25. the actual date of Christ's birth

A) is not known B) has known
C) not to be known D) is known yet

19. Choose the correct answer.

She was a teacher from near Frankfurt.

A) somebody B) anywhere
C) somewhere D) somehow

20. Choose the best answer.

... I don't find her at home, I shall leave her a note.

A) Though B) Unless C) In case D) Besides

Q:	1	2	3	4	5	6	7	8	9	10
A:										
Ch:										

Q:	11	12	13	14	15	16	17	18	19	20
A:										
Ch:										



1. Choose the correct answer.

He didn't recognize many people at his old school reunion because everyone ... a lot in twenty years.

A) has changed B) was changed
C) had changed D) was changing

2. Choose the right answer.

They must have ... second race to decide who is the real winner.

A) some B) the C) a D) such

3. Choose the correct answer.

Boris is getting old. He hardly goes anywhere now, ... he?

A) is B) doesn't C) isn't D) does

4. Choose the correct answer.

I ... have bought Frank a present after all. Because, he even didn't thank me

A) mightn't B) needn't C) couldn't D) could

5. Choose the correct answer.

Magazines like "Times", "Newsweek", "U.S.News" and "World Report" provide the reader ... a pictorial report of the week's events.

A) with B) on C) for D) by

6. Choose the correct answer.

Our friends would like some more magazines on this subject. Do you have any ... that you could lend us?

A) another B) others C) the other. D) the others

7. Choose the correct answer.

When my brother tells me funny stories I can't help laughing.

A) Neither can I. B) Neither I can.

C) So I can't. D) So can I.

8. Choose the correct answer.

At last we found the story; the story ... had won the contest in our grade.

A) what B) that C) who D) when

9. Choose the correct answer.

When she arrived, the Zaripovs ... dinner, but they stopped dining in order to talk to her.

A) was having B) had

C) had had D) were having

10. Choose the best answer.

I want to congratulate you ... behalf ... my family.

A) on/at B) of/of C) at/on D) on/of

11. Choose the right answer.

We don't think this is ... thing for them at the moment.

A) much more important B) more important

C) a more important D) the most important

12. Find mistake.

(1)Just as you (2)arrived, I (3)have been getting ready (4)to go out.

A) 4 B) 2 C) 1 D) 3

13. Choose the correct answer.

"When shall we leave to get to the station on time?"

They asked me when ... leave to get to the station on time.

A) they should B) should they

C) will they D) they will



1. Choose the correct answer.

Was the exam as . . . as you had expected?

- A) more difficult B) difficulty
C) difficultly D) difficult

2. Choose the correct answer.

I really enjoyed the time . . . we went to that Chinese restaurant.

- A) who B) which C) when D) whom

3. Choose the correct answer.

. . . camera is this? Is it yours?

- A) When B) Who C) Where D) Whose

4. Choose the correct answer.

The .. was beginning to rise when the ... began their work of cleaning the fish they had caught in the night.

- A) sun/fishermans B) sun/fisherman
C) suns/fishermen D) sun/fishermen

5. Choose the correct answer.

I had . . . very bad night; I didn't sleep at all during . . . night.

- A) a/a B) -/a C) the/- D) a/the

6. Choose the correct answer.

- Sue's children were allowed to watch the film on TV last night.

- ...

- A) Neither did I B) So was Mary
C) Nor was Sam D) So did he

7. Choose the correct answer.

You need to take an . . . exam to get into university.

- A) education B) influence
C) operation D) entrance

8. Choose the correct answer.

I missed the concert because . . . told me about it.

- A) somebody B) nobody
C) anybody D) everybody

9. Choose the correct answer.

She was always dressed . . . green.

- A) in B) by C) at D) for

10. Choose the correct answer.

Nobody came to the meeting at 3 PM as Mike . . . to tell the office workers about it.

- A) had forgotten B) forget C) forgot D) had forgot

11. Choose the correct answer.

The boss said, "It's time we began planning our work."

- A) The boss said that it was time we began planning our work.
B) The boss said that it was time they had begun planning their work.

C) The boss said that it was time we begin planning their work.

D) The boss said that it was time we begun planning his work.

12. Choose the correct answer.

She is as . . . as her sister.

A) a clever B) clever

C) the cleverest D) more clever

13. Choose the correct answer.

(1)I wonder why I (2)feel nervous when the teacher (3)asks to me to go to (4)the blackboard.

A) 3 B) 4 C) 2 D) 1

14. Choose the correct answer.

Could you help me . . . the work as soon as possible?

A) finish B) finished C) finishing D) to finishing

15. Choose the correct answer.

You'll catch a cold if you . . . your pullover.

A) hadn't worn B) don't wear

C) didn't wear D) wouldn't wear

16. Choose the correct answer.

School is my . . . home.

A) a second B) second C) the second D) two

17. Choose the correct answer.

I'm becoming more and more displeased . . . your laziness.

A) from B) to C) with D) at

Read the text and answer the questions according to it.(18-20)

Dear Malika!

I have just got your letter with the picture of you riding a bike. From the smile on your face, I can tell how much fun you're having. I still remember when you could hardly ride a tricycle. Now here's some advice. I'm sure you're a good rider. But you may often fall off the bike. So please get yourself a helmet. A helmet is a hard cap which is worn to protect your head from a head injury. Wear a helmet when you ride a bike. Wear it every time you ride. I just don't want a bad fall to wipe that smile off your face. When you come to visit me this summer, bring your bike. I'm planning to have a ride along the seaside with you.

Your friend, Aisha.

18. According to the passage, what is Malika doing in the picture included in the letter to Aisha?

A)She is riding a bicycle.

B)She is riding a tricycle.

C) She is going to fall off her bike.

D)She is not having fun.

19. According to the passage, Aisha's advice shows that

A)she cares a lot about Malika's safety.

B)she doesn't like Malika to ride her bike.

C)she wants her to drive a car instead of a bike.

D)she doesn't want Malika to smile a lot.

20. According to the passage, what is Aisha planning to do during the summer?
- A) She is going to take the picture of her smiling friend.
 B) She is going to visit her friend during the summer.
 C) She is going to learn how to drive a tricycle.
 D) She is going to have a ride with her friend

Q:	1	2	3	4	5	6	7	8	9	10
A:										
Ch:										

Q:	11	12	13	14	15	16	17	18	19	20
A:										
Ch:										



- Choose the correct answer.
 We'll go to the beach tomorrow ... it rains. I want to get a suntan.
 A) unless B) in case C)if D) when
- Choose the correct answer.
 "Mr Hyde?" Utterson asked. "That's my name," he said to the small man in ... low voice. "What do you want?"
 A)an B)- C) the D) a
- Choose the correct answer.
 She was a teacher from ... near Frankfurt.
 A) anywhere B) somehow
 C) somebody D) somewhere
- Choose the correct answer.
 I don't know how the accident happened. I remember... very tired, but that's all.
 A) feeling B) to feel C) felt D) feel
- Choose the correct answer.
 It's incredible! I can't believe ... you told me yesterday.
 A) what B) that C) which D) who

6. Choose the best answer.

Thanks to Vancouver's many attractions, visitors enjoy... immensely.

- A) ourselves B) itself
C) themselves D) oneself

7. Choose the correct answer.

Next week when there ... a full moon, the ocean tides will be higher.

- A) is being B) will be
C) will have been D) is

8. Choose the correct answer.

Every driver is required by law ... a valid driver's license.

- A) having B) to have C) has D) have

9. Choose the correct answer.

I don't know where your key is. I haven't seen it...

- A) anywhere B) everywhere
C) any place D) nowhere

10. Choose the correct answer.

Roger is not enjoying his job. He wishes he ... a different job.

- A) have B) can have
C) had D) will have

11. Choose the best answer.

Don't worry - there are ... jobs to keep everybody busy.

- A) little B) few C) a few D) a little

12. Find the mistake.

The pepper (1)was widely grown in (2)the Central and South America in pre-Columbian (3)times.

- A) 1 B) 3 C) no mistake D) 2

13. Choose the correct answer.

The night has ended, and it's daylight now. The sun t rose at 6:08.

- A) risen B) hasn't risen
C) rising D) has risen

14. Choose the correct answer.

You aren't serious, are you? You be joking!

- A) have to B) can C) must D) are to

15. Choose the correct answer.

You'll get the goods very soon. They will... to you by air.

- A) being delivered B) delivering
C) be delivered D) deliver

16. Choose the correct answer.

For the past few days I have been working in Jack's office, as my own office ... now.

- A) is being
B) was redecorated
C) redecorated
D) had been redecorated

17. Choose the correct answer.

Because some of the guests were staring .. her casual clothes, she felt uncomfortable at the party,

A) in B) on C) at D) to

18. Choose the correct answer.

- I can hardly find enough money for buying a house.

- Shake!

A) Neither can I B) So can't I

C) So do I D) Nor I can

19. Choose the correct answer.

If I won the lottery, I ... you half the money.

A) would give B) give C) gave D) will give

20. Choose the correct answer.

He promised that he ... call my mother to wish her a happy birthday.

A) would get used to. B) would C) used to. D) will

Q:	1	2	3	4	5	6	7	8	9	10
A:										
Ch:										

Q:	11	12	13	14	15	16	17	18	19	20
A:										
Ch:										

12

Choose the right answer.

1. The next day we left Sri Lanka and sailed . . . the Sea of Oman.

A) about B) towards C) back D) above

2. Choose the right answer.

I wish that you . . . crying out as it is such a shame on you.

A) should stop B) had stopped

C) stopped D) were stopping

3. Choose the right answer.

I was . . . hungry as I hadn't eaten all day.

A) earnestly B) extremely

C) occasionally D) timidly

4. Choose the right answer.

It's raining really hard, luckily we . . . go out this evening.

- A) shouldn't B) mustn't
C) can't D) don't have to

5. Choose the right answer.

It is important . . . information . . . results in the project.

- A) to organize/ having B) organize/ have
C) organizing/ having D) to organize/ to have

6. Choose the right answer.

It's a warm country. We won't need our pullovers,

... .

- A) at last B) at the rate of
C) at once D) at any rate

7. Choose the right answer.

- Why didn't you taste the meat pie I cooked?

- But I ...

- A) were tasting B) would taste
C) have tasted D) did taste

8. Choose the right answer.

The Finns' sisters are arriving tomorrow. ... the two girls is very pretty, but . . . of them is married yet.

- A) Each/ every B) Any/ none
C) Either/ neither D) Both/ all

9. Choose the right answer.

The most frequent reason for leaving shops without buying anything is

- A) price B) account
C) sale D) balance

10. Choose the right answer.

Give me a hand, ?

- A) will you B) don't you
C) would you D) do you

11. Choose the right answer.

John answered that he ... very early, so he

- A) went to bed/ hadn't seen
B) had gone to bed/ had seen
C) hadn't gone to bed/ hadn't seen
D) had gone to bed/ hadn't seen

12. Choose the right answer.

I'm afraid I won't be able to say ... as I've got... opinion on the matter.

- A) nothing/some B) someone/none
C) anything/no D) anyone/any

13. Choose the right answer.

So ... people came that Eric Clapton had to cancel the Istanbul concert.

A) a few B) fewer C) little D) few

14. Choose the right answer.

My English teacher speaks in a monotone that almost puts me to sleep.

A) So did mine D) So does my teacher

B) So do my teacher

C) My teacher doesn't either

15. Choose the right answer.

"Yes, I'll help you if you can wait a little". He . . . if I could wait a little.

A) agreed to help me

B) says he will help me

C) asked if I could help him

D) told me to help him

16. Choose the right answer.

Not everyone can do the jobs that require great physical strength, ... ?

A) can it B) can he C) can't it D) can they

Read the text. Then choose the correct answer for each question.(19-22)

Do you like reading fiction? The first question to ask about fiction is: Why bother to read it? With life as short as it is, with so many pressing demands on our time, with books of information, instruction and discussion waiting to be read, why should we spend precious time on works of fiction? The eternal answers to this question are two: enjoyment and understanding. Since the invention of language, men have taken pleasure in following and participating in the imaginary adventures and imaginary experiences of imaginary people. Whatever serves to make life less tedious, to make the hours pass more quickly and pleasurably, surely needs nothing else to recommend it. Enjoyment is the first aim and justification of reading fiction. But, unless fiction gives something more than pleasure, it hardly justifies itself as a subject of serious study. Unless it expands or refines our minds or quickens our sense of life, its value is not appreciably greater than that of video games, bridge, or ping-pong. To have a compelling claim on our attention, it must yield not only enjoyment but also understanding.

17. It is inferred in the passage that. ..

A) the only books worth reading are non-fictional ones

B) life is short and it shouldn't be wasted in trivial reading

C) people should read informative books, opposed to fiction

D) pleasure is one of the reasons for reading fiction



1. Choose correct the answer.

I can't imagine how anyone ... clever as he is could make ... a terrible mistake.

- A) even/rather B) so/as
C) enough/as well D) as/such

2. Choose correct the answer.

Without help from chemistry and a microscope, it

... hard to accept that the rock called limestone comes from sea shells and corals.

- A) will be B) would be
C) has been D) were

3. Choose the correct answer.

The Louvre Museum in Paris is considered ... one of the most comprehensive collections of oil paintings in the world.

- A) to have B) having had
C) having D) to be having

4. Choose the correct answer.

... you plan to be walking after dark or not, it is a good idea to take a torch along when you are hiking in rough terrain.

- A) Whether B) In case
C) Unless D) Provided

5. Choose the correct answer.

Naturally we were very relieved to learn ... that this particular operation had been successful ... that a second one would not be necessary.

- A) neither/nor B) either/or
C) so/as D) not only/but also

6. Choose the correct answer.

We couldn't get to his house ... flooding on the road.

- A) therefore B) because of
C) as a result D) because

4. Choose the correct answer.

The bride wore white and the bridesmaids were dressed ... yellow silk.

- A) in B) for C) with D) on

8. Choose the correct answer.

The girl said to her mother, "I had a wonderful birthday party". The girl told her mother that... a wonderful birthday party.

- A) I had B) I had had
C) she had had D) she had

9. Choose the correct answer.

When Paul saw his neighbours' new car, he decided that he had to have one just like..... He had never seen such a beautiful machine.

- A) mine B) they C) their D) theirs

10. Choose the correct answer.

Mike's father was very strict and the boy grew ...
with the feeling that the man is the head of the house.

- A)up B)out C)into D)above

11. Choose the correct answer.

Your handwriting is so terrible that I can read
anything here. Could you please type your essay?

- A)hardly B)hard C)hardest D)harder

11. Choose the correct answer.

If I had been busy yesterday, I to the station to
see them off.

- A)didn't gone B)hadn't gone
C)wouldn't have gone D)wouldn't go

12. Find the mistake

(1)The first view of the city of New York from the sea is (2)the sight that can
(3)never be forgotten.

- A) 1 B) 3 C) No mistake D) 2

13. Choose the correct answer.

A: What time will you be back?

B: Oh, I expect. back some time around nine.

- A)been B)be C)to be D)being

14. Choose the correct answer.

Every year, thousands of students come to Cambridge from overseas to
study..... English.

- A)a B)the C)– D)an

15. Choose the correct answer.

When we met Mike yesterday, he looked and
unhappy.

- A)sad B)sadden C)sadly D)sadness

16. Choose the correct answer.

You have to pay extra if you take too luggage
with you.

- A)some B)much C)many D)few

**Read the text. Then choose the correct answer for each question below
(17-19).**

Over 200 years ago, the British chemist Joseph Priestley received an intriguing bouncy ball from an American friend. It was made of a material he had not seen before. Priestley noticed that it could rub away pencil marks, and so he named the material rubber. Not only has the name stuck, but since then rubber has become so important to modern society that it is hard to imagine life without it. The flexibility, elasticity, and durability of natural and synthetic rubber have made them the choice materials for products that cushion shocks, soften blows, dampen vibrations. Transmit power, and perform in many other ways. Tires, automotive components, electrical insulation, conveyer belts, theatre seats, building materials, footwear,



1. Choose the best answer.

Don't worry - there are ... jobs to keep everybody busy.

A) little B) few C) a few D) a little

2. Find the mistake.

The pepper (1)was widely grown in (2)the Central and South America in pre-Columbian (3)times.

A) 1 B) 3 C) no mistake D) 2

3. Choose the correct answer.

The night has ended, and it's daylight now. The sun t rose at 6:08.

A) risen B) hasn't risen

C) rising D) has risen

4. Choose the correct answer.

You aren't serious, are you? You.....be joking!

A) have to B) can C) must D) are to

5. Choose the correct answer.

You'll get the goods very soon. They will... to you by air.

A) being delivered B) delivering

C) be delivered D) deliver

6. Choose the correct answer.

For the past few days I have been working in Jack's office, as my own office ... now.

D) is being

E) was redecorated

F) redecorated

D)had been redecorated

7. Choose the right answer.

- Why didn't you taste the meat pie I cooked?

- But I ...

A) were tasting B) would taste

C) have tasted D) did taste

8. Choose the right answer.

The Finns' sisters are arriving tomorrow. ... the two girls is very pretty, but . . . of them is married yet.

1. Each/ every B) Any/ none

C) Either/ neither D) Both/ all

9. Choose the right answer.

The most frequent reason for leaving shops without buying anything is

A) price B) account

C) sale D) balance

10. Choose the right answer.

Give me a hand,?

- A) will you B) don't you
C) would you D) do you

11. Choose the right answer.

John answered that he ... very early, so he

- A) went to bed/ hadn't seen
B) had gone to bed/ had seen
C) hadn't gone to bed/ hadn't seen
D) had gone to bed/ hadn't seen

12. Choose the correct answer.

She is as . . . as her sister.

- A) a clever B) clever
C) the cleverest D) more clever

13. Choose the correct answer.

(1)I wonder why I (2)feel nervous when the teacher (3)asks to me to go to (4)the blackboard.

- A) 3 B) 4 C) 2 D) 1

14. Choose the correct answer.

Could you help me ... the work as soon as possible?

- A) finish B) finished C) finishing D) to finishing

15. Choose the correct answer.

You'll catch a cold if you . . . your pullover.

- A) hadn't worn B) don't wear
C) didn't wear D) wouldn't wear

16. Choose the correct answer.

School is my ... home.

- A) a second B) second C) the second D) two

Read the text. Then choose the correct answer for each question below (17-19).

Over 200 years ago, the British chemist Joseph Priestley received an intriguing bouncy ball from an American friend. It was made of a material he had not seen before. Priestley noticed that it could rub away pencil marks, and so he named the material rubber. Not only has the name stuck, but since then rubber has become so important to modern society that it is hard to imagine life without it. The flexibility, elasticity, and durability of natural and synthetic rubber have made them the choice materials for products that cushion shocks, soften blows, dampen vibrations. Transmit power, and perform in many other ways. Tires, automotive components, electrical insulation, conveyer belts, theatre seats, building materials, footwear, elastic bands, tennis balls, surgical gloves, artificial hearts, and refrigerator linings - these are only a sampling of the huge and growing list of products that are completely or partly made of rubber.

17. Priestly called the new material rubber,

- A) having been inspired by one of its functions
B) because it was soft and could easily be rubbed
C) since he had shaped the ball by rubbing it on a hard surface

C) sale D) balance

11. Choose the right answer.

Give me a hand, ?

A) will you B) don't you

C) would you D) do you

12. Choose the right answer.

John answered that he ... very early, so he

A) went to bed/ hadn't seen

B) had gone to bed/ had seen

C) hadn't gone to bed/ hadn't seen

D) had gone to bed/ hadn't seen

13. Choose the correct answer.

She is as . . . as her sister.

A) a clever B) clever

C) the cleverest D) more clever

14. Choose the correct answer.

(1)I wonder why I (2)feel nervous when the teacher (3)asks to me to go to (4)the blackboard.

A) 3 B) 4 C) 2 D) 1

15. Choose the correct answer.

Could you help me ... the work as soon as possible?

A) finish B) finished C) finishing D) to finishing

16. Choose the correct answer.

You'll catch a cold if you . . . your pullover.

A) hadn't worn B) don't wear

C) didn't wear D) wouldn't wear

17. Choose the correct answer.

School is my ... home.

A) a second B) second C) the second D) two

18. Choose the correct answer.

I'm becoming more and more displeased ... your laziness.

A) from B) to C) with D) at

Read the text and answer the questions according to it.(19-20)

Dear Malika!

I have just got your letter with the picture of you riding a bike. From the smile on your face, I can tell how much fun you're having. I still remember when you could hardly ride a tricycle. Now here's some advice. I'm sure you're a good rider. But you may often fall off the bike. So please get yourself a helmet. A helmet is a hard cap which is worn to protect your head from a head injury. Wear a helmet when you ride a bike. Wear it every time you ride. I just don't want a bad fall to wipe that smile off your face. When you come to visit me this summer, bring your bike. I'm planning to have a ride along the seaside with you.

Your friend, Aisha.

GLOSSARY

A

Acne- a skin condition characterized by inflamed, pus-filled areas that occur on the skin's surface, most commonly occurring during adolescence

Acquired- a word describing any condition that is not present at birth, but develops some time during life

Acquired immunodeficiency syndrome- infection by the human immunodeficiency virus (HIV), which causes a weakening of the immune system

Acute- describes a condition or illness that begins suddenly and is usually short-lasting

Acute respiratory disease- an urgent condition in which oxygen levels in the blood are lower than normal and breathing is difficult

Addiction- dependence on a substance (such as alcohol or other drugs) or an activity, to the point that stopping is very difficult and causes severe physical and mental reactions

Adenitis- infection and inflammation of a gland, especially a lymph node

Adipose tissue- another term for fatty tissue; it stores energy, insulates, and cushions the body

Adjuvant therapy- the use of drugs or radiation therapy in the treatment of cancer along with surgery

Adrenal failure- a condition in which the adrenal glands do not produce enough of the hormones that control important functions such as blood pressure

Adrenal glands- two small glands located on top of the kidneys that secrete several important hormones into the blood

Adverse reaction- an unintended and unwanted side effect of some sort of treatment, usually drug therapy

Aerobic exercise- physical activity during which the heart and lungs must work harder to meet the body's increased oxygen demand

Affective disorder- a mental disorder involving abnormal moods and emotions; affective disorders include manic-depressive disorder

Afterbirth- the placenta and membranes that are eliminated from the woman's uterus following the birth of a child

Afterpains- normal contractions of the uterus after childbirth that usually occur for the first few days after delivery

AIDS- see Acquired immunodeficiency syndrome

Allergen- a substance that causes an allergic reaction

Allergic rhinitis- irritation of the nasal passages and the whites of the eyes, causing sneezing, runny nose, and sore eyes

Allergy- a negative reaction to a substance that in most people causes no reaction

B

Bacterium- a tiny, single-celled microorganism, commonly known as a germ; some bacteria, called pathogens, cause disease

Bacteriuria- bacteria in the urine; large amounts can indicate bladder, urethra, or kidney infection

Ball-and-socket joint- a joint consisting of a ball-shaped bone that fits into a cup-shaped bone, making the joint free to rotate; examples include the hip and shoulder

Balloon angioplasty- a technique that uses a balloon catheter to open arteries clogged with fatty deposits

Blood pressure- the tension in the main arteries that is created by the beating of the heart and the resistance to flow and elasticity of the blood vessels

Blood transfusion- the transfer of blood or any of its parts to a person who has lost blood due to an injury, disease, or operation

Breech birth- childbirth in which the baby is turned around in the uterus and emerges head-last instead of head-first

Bronchiolitis- an infection caused by a virus in the bronchioles (the smallest airways in the lungs), mainly affecting young children

Bronchitis- inflammation of the bronchial tubes, which connect the trachea to the lungs

Bronchoconstrictor- a substance that causes the lung airways to tighten up and become more narrow

C

Calorie- a unit that is used to measure the energy content in food

Canal- a tunnel-like passage

Cancer- a group of diseases in which cells grow unrestrained in an organ or tissue in the body; can spread to tissues around it and destroy them or be transported through blood or lymph pathways to other parts of the body

Cancer staging- a method to determine how much a cancer has developed

Candidiasis- a yeast infection caused by the fungus *Candida albicans*; occurs most often in the vagina, but also in the mouth, on moist skin, or on the penis

Canker sore- small, painful sore that usually occurs on the inside of the lip or cheek, or sometimes under the tongue; caused by bacteria, irritation of the area, stress, or allergies

Capillary- a tiny blood vessel that connects the smallest arteries to the smallest veins and allows exchange of oxygen and other materials between blood cells and body tissue cells

Carbohydrate- a substance, mainly sugar and starch, that is a main source of energy for the body and is found in sources such as cereals, breads, pastas, grains, and vegetables

Carbon dioxide- a colorless, odorless gas present in small amounts in the atmosphere and formed during respiration

Carcinogen- anything that can cause cancer

Carcinoma- a cancer that occurs on the surface or lining of an organ

Cardiac arrest- the sudden cessation of the heart's pumping action, possibly due to a heart attack, respiratory arrest, electrical shock, extreme cold, blood loss, drug overdose, or a severe allergic reaction

Cardiogenic shock- a severely dangerous condition involving decreased blood output from the heart, usually as a result of a heart attack

D

Dislocation- displacement of the two bones in a joint

Distention- swelling, enlargement, or stretching

Diuretic- a drug that increases the amount of water in the urine, removing excess water from the body; used in treating high blood pressure and fluid retention

Diverticulitis- inflammation of diverticula (small sacs in the intestine's inner lining); can cause fever, pain, and tenderness

DNA- deoxyribonucleic acid; responsible for passing genetic information in nearly all organisms

Dominant gene- a gene that always produces its effect when it is present

Dopamine- a chemical that transmits messages in the brain and plays a role in movement

Down syndrome- a genetic disorder in which a person's cells have 1 too many chromosomes, causing moderate to severe mental handicap and a characteristic appearance

Duchenne muscular dystrophy- a genetic condition in boys in which nerves degenerate and muscles get progressively weaker

Duodenal ulcer- an erosion in the inner lining of the wall of the first part of the small intestine (called the duodenum)

Duodenum- the first part of the small intestine, immediately following the stomach

Dysentery- a severe intestinal infection, causing abdominal pain and diarrhea with blood or mucus

Dyspnea- difficulty breathing

Dystrophy- any disorder in which cells become damaged or do not develop properly because they do not receive adequate nutrition

E

Enteritis- inflammation of the small intestine, usually causing diarrhea

Enterobiasis- infestation by a pinworm

Enuresis- the medical term for wetting the bed

Enzyme- a chemical, originating in a cell, that regulates reactions in the body

Epidemic- a term used to describe a disease that is rare then suddenly affects more people than usually expected

Epidermis- the outer layer of the skin

Epididymis- a long, coiled tube, exiting from the back of the testicle, in which sperm mature

Epidural anesthesia- a method of pain relief in which a painkilling drug is injected into the space surrounding the spinal cord to block sensations in the abdomen and lower body

Epilepsy- a disorder of the nervous system in which abnormal electrical activity in the brain causes seizures

Epinephrine- a hormone produced by the adrenal glands in response to stress, exercise, or fear; increases heart rate and opens airways to improve breathing; also called adrenaline

Episcleritis- a patch of inflammation on the outer layer of the white of the eye

Episiotomy- a surgical procedure in which an incision is made in the tissue between the vagina and anus to prevent tearing of this tissue during childbirth

Epithelium- the layer of cells that covers the body and lines many organs

Epstein-Barr virus- a virus that is the cause of mononucleosis and is involved in Burkitt's lymphoma

Erysipelas- an infection caused by streptococci bacteria; characterized by fever and rash

Erythema- redness of the skin

Erythrocyte- a red blood cell

F

Fitness- a measure of a person's physical strength, flexibility, and endurance

Flatulence- excessive air or gas in the intestines, which is expelled through the anus

Floater- small spots that float across the field of vision, caused by debris floating in the gel-like substance that fills the eye

Flu- see Influenza

Fluke- a parasitic flatworm that can infest humans

Fluoride- a mineral that helps protect teeth against decay

Fluoroscopy- a method used to view organ structure and function by passing X-rays through the body and monitoring the resulting image on a fluorescent screen

Folic acid- a vitamin essential to the production of red blood cells; plays an important role in the growth a developing fetus

Follicle- a tiny pouchlike cavity in a structure of the body, such as a hair follicl

G

Ganglion- a fluid-filled cyst attached to a tendon sheath or joint

Gangrene- death of a tissue because of a lack of blood supply

Gastrectomy- surgical removal of all or part of the stomach

Gastric acid- the digestive acid in the stomach

Gastric juice- digestive fluids produced by the lining of the stomach that break down proteins and destroy harmful organisms

Gastric lavage- washing out of the stomach with water, often to treat poisoning; commonly called "stomach pumping"

Gastric ulcer- a peptic ulcer

Gastrin- a hormone that stimulates the release of gastric acid in the stomach

Gastrinoma- a tumor that produces gastrin, making the stomach and duodenum more acidic

Gastritis- inflammation of the mucous membrane lining of the stomach; can have a number of causes, including viruses, bacteria, and use of alcohol and other drugs

Gastroenteritis- inflammation of the stomach and intestines

H

Hay fever- the common name for allergic rhinitis

HDL- see High-density lipoprotein

Heart attack- see Myocardial infarction

Heart block- a disorder of the heart caused by a blockage of the nerve impulses to the heart that regulate heartbeat; may lead to dizziness, fainting, or stroke

Heartburn- a burning sensation experienced in the center of the chest up to the throat; may be caused by overeating, eating spicy food, or drinking alcohol; recurrent heartburn may be caused by acid reflux

Heart disease- see Coronary heart disease

Heart failure- the inability of the heart to pump blood effectively

Heart-lung machine- a machine that takes over the functions of the heart and lungs during certain types of surgery

Heart rate- the rate at which the heart pumps blood, measured in the number of heartbeats per minute

Heart valve- the structure at each exit of the four chambers of the heart that allows blood to exit but not to flow back in

I

Immunity- resistance to a specific disease because of the responses of the immune system

Immunization- the process of causing immunity by injecting antibodies or provoking the body to make its own antibodies against a certain microorganism

Infarction- tissue death due to lack of blood supply

Infection- disease-causing microorganisms that enter the body, multiply, and damage cells or release toxins

Infective arthritis- arthritis caused by bacteria from a wound or the bloodstream entering a joint

Infertility- the inability to have children as a result of sexual intercourse

Inflammation- redness, pain, and swelling in an injured or infected tissue produced as a result of the body's healing response

Inflammatory bowel disease- the general term for two inflammatory disorders affecting the intestines; also known as Crohn's disease and ulcerative colitis

Inflammatory joint disease- any type of arthritis that causes a joint to become inflamed

Influenza- a viral infection characterized by headaches, muscle aches, fever, weakness, and cough; commonly called the "flu"

J

Jaundice- yellowing of the skin and whites of the eyes because of the presence of excess bilirubin in the blood; usually a sign of a disorder of the liver

Jock itch- an infection in the groin area caused by a fungus

Juvenile rheumatoid arthritis- a rare form of persistent joint inflammation that affects children

K

Keratin- a tough protein found in skin, nails, and hair

Keratitis- inflammation of the cornea

Keratolytic- drugs that remove the keratin-containing outer layer of skin; used to treat skin disorders such as warts and dandruff

Keratoplasty- surgical replacement or reshaping of the cornea

Keratosis- a growth on the skin that is the result of overproduction of the protein keratin

Ketoacidosis- the dangerous accumulation of chemicals called ketones in the blood, sometimes occurring as a complication of diabetes mellitus; also called ketosis

Kidney- one of two organs that are part of the urinary tract; responsible for filtering the blood and removing waste products and excess water as urine

Kidney stone- a hard mass composed of substances from the urine that form in the kidneys

Killer T cells- white blood cells that are part of the immune system and destroy microorganisms and cancer cells

Kilocalorie- a unit of energy; equal to a nutritional calorie

L

Lazy eye- the common name for the visual defect resulting from untreated strabismus, in which the eyes are not correctly aligned

LDL- see Low-density lipoprotein

Lead poisoning- damage to the brain, nerves, red blood cells, or digestive system because of ingestion of lead

Learning disability- any of a variety of disorders, including hyperactivity, dyslexia, and hearing problems, that can interfere with a person's ability to learn

Legionnaires' disease- a form of pneumonia that is mainly spread through air-conditioning systems and water

Leiomyoma- a noncancerous tumor of smooth muscle

Leishmaniasis- a group of parasitic diseases affecting the skin, mucous membranes, and internal organs; transmitted by the bite of a sandfly

Leptospirosis- infection by a spiral-shaped bacterium that affects the skin, eyes, muscles, kidneys, and liver; leptospirosis is carried by rodents

Lesch-Nyhan syndrome- a genetic disorder affecting only men that causes mental handicap, self-mutilation, and aggressive behavior

Lesion- an abnormality of structure or function in the body

M

Mandible- another term for the lower jaw

Mania- a mental disorder characterized by extreme excitement, happiness, overactivity, and agitation; usually refers to the high of the highs and lows experienced in manic-depressive disorder

Mole- a brown to dark-brown spot on the skin that can be flat or raised

Molecule- the smallest unit of a substance that possesses its characteristics

Myocarditis- inflammation of the heart muscle, which can be caused by a virus, certain drugs, or radiation therapy

Myocardium- the medical term for heart muscle

Myomectomy- the surgical removal of a noncancerous tumor from muscle

Myopathy- a muscle disease, usually one that results in the deterioration of

muscle **Myopia-** the medical term for nearsightedness

Myositis- muscle inflammation, causing pain and weakness

Myringotomy- a surgical opening in the eardrum that allows for drainage

Myxoma- a noncancerous tumor made of mucous material and fibrous connective tissue

N

Neuron- another term for a nerve cell

Neuropathy- disease, inflammation, or damage to the nerves connecting the brain and spinal cord to the rest of the body

Neurosis- relatively mild emotional disorders (such as mild depression and phobias)

Neurotoxins- chemicals that attack and damage nerve cells

Neurotransmitters- chemicals that transfer messages from one nerve cell to another or from a nerve cell to a muscle cell

Neutrophil- a type of white blood cell

Nevus- a marking on the skin; can be present at birth (birthmark) or develop later (such as a mole)

Newborn respiratory distress syndrome- a disorder in which premature babies lack surfactant, a substance that stops the lungs from collapsing

Niacin- a vitamin important in many chemical processes in the body; also known as vitamin B3

Night terrors- a form of nightmare causing abrupt awakening in terror; occurs mostly in children

O

Optic- pertaining to the eyes

Optician- a person who specializes in the making and adjustment of eyeglasses and contact lenses

Optic nerves- the pair of nerves that carry visual information from the retina to the brain

Optic neuritis- inflammation of the optic nerve, often causing a partial loss of vision

Organism- any single, functioning form of life

Ossification- the formation and maintenance of bone

Osteitis- inflammation of bone

Osteitis deformans- another name for Paget's disease

Osteoarthritis- see Degenerative arthritis

Oxidation- a chemical reaction involving active sources of oxygen (called oxygen free radicals) that damages cells

Oximetry- determination of the amount of oxygen in the blood by measuring the amount of light transmitted through an area of skin

Oxygen- a gas that is colorless, odorless, and tasteless; essential to almost all forms of life

P

Perinatal- occurring just before or just after birth

Periosteum- the tissue covering bones, except the surfaces in joints

Pharmacology- the study of medications, including drug development

Pharyngitis- inflammation of the throat (the pharynx), causing sore throat, fever, earache, and swollen glands

Pneumonia- inflammation of the lungs due to a bacterial or viral infection, which causes fever, shortness of breath, and the coughing up of phlegm

Psychogenic- resulting from psychological or emotional disorders

Psychological- relating to the mind and the processes of the mind

Psychosis- a mental disorder in which a serious inability to think, perceive, and judge clearly causes loss of touch with reality

Q

Quadriceps muscle- the muscle (consisting of 4 distinct parts) located at the front of the thigh that straightens the leg

R

Radius- one of the two long bones of the forearm, located on the thumb side of the arm

Radon- a colorless, odorless, tasteless radioactive gas that is produced by materials in soil, rocks, and building materials; suspected of causing cancer

Rales- abnormal crackling or bubbling sounds heard in the lungs during breathing

Rash- an area of inflammation or a group of spots on the skin

Rubeola- another term for measles

Rupture- a tear or break in an organ or tissue

S

Secondary- describes a disease or disorder that follows or is caused by another one

Sedatives- a group of drugs that have a calming effect; used to treat anxiety and pain, bring on sleep, and help relax a person before surgery

Seizure- sudden uncontrolled waves of electrical activity in the brain, causing involuntary movement or loss of consciousness

Selenium- an element needed by the body only in very small amounts that helps maintain tissue elasticity

Semen- fluid released during ejaculation that contains sperm along with fluids produced by the prostate gland and the seminal vesicles

Shin splints- pain and tenderness experienced in the lower leg as a result of damage or strain to leg muscles and tendons; usually caused by exercise

Shock- a reduced flow of blood throughout the body, usually caused by severe bleeding or a weak heart; without treatment, can lead to a collapse, coma, and death

Shunt- an artificially constructed or an abnormal passage connecting two usually separate structures in the body

T

Tachycardia- a rapid heart rate (over 100 beats per minute)

Tapeworm- a parasitic worm that lives in the intestines; causes diarrhea and abdominal discomfort

Tar- the sticky, brown substance in cigarettes that coats the lungs; causes lung and other cancers

Tarsorrhaphy- a procedure in which the eyelids are sewn shut; performed to protect the corneas

Thrombus- a blood clot in a blood vessel

Thrush- a candidiasis infection

Thymoma- a tumor of the thymus gland

Tolerance- decreased sensitivity of the body to a certain drug, usually either because the liver becomes more efficient at breaking down the drug or the body's tissues become less sensitive to it; increased tolerance creates a need for a higher dose of the drug in order to have the same effects

Tonometry- the procedure used to measure the pressure within the eye; is useful in detecting glaucoma

U

Urea- a waste product of the metabolism of proteins that is formed by the liver and secreted by the kidneys

Uremia- abnormally high levels of waste products such as urea in the blood

Ureters- two tubes that carry urine from the kidneys to the bladder

Urethra- the tube by which urine is released from the bladder

Urethritis- inflammation of the urethra

Urethrocele- a bulging of the urethra into the vagina

Uterus- the hollow female reproductive organ in which a fertilized egg is implanted and a fetus develops

Uvea- a structure consisting of the colored area of the eye and the middle layer of the eye that contains blood vessels

Uveitis- inflammation of the uvea

V

Vaccine- a preparation of weakened microorganisms given to create resistance to a certain disease

Varicella- the medical term for chickenpox

Varices- enlarged or twisted blood or lymph vessels

Vein- a blood vessel that carries blood toward the heart

Venereal disease- any disease that is usually spread through sexual intercourse or genital contact

Virus- the smallest known disease-causing microorganism; viruses are very simple in structure and can only multiply when they are inside the cell of another organism

Visual acuity- a measure of the sharpness of a person's vision

Visual field- the area on both sides that can be seen while looking straight ahead

W

Walleye- a condition in which one eye turns outward

Wart- a contagious, harmless growth caused by a virus that occurs on the skin or a mucous membrane

Weber's test- a test in which a vibrating tuning fork is held against the forehead to help determine the cause of hearing loss

Wegener's granulomatosis- a disorder in which nodules associated with inflammation of blood vessels develop in the lungs, kidneys, and nasal passageways

Weight-bearing exercise- exercise that puts stress on bones, such as walking, which helps build up bone density and prevent the bones from becoming brittle

Wernicke's encephalopathy- a brain disorder characterized by abnormal eye movements, difficulties with muscle coordination, and confusion; usually the result of chronic alcoholism

Wheeze- a high-pitched sound produced during breathing because of narrowing of the airways; common sign of asthma

Whiplash injury- injury to the ligaments, joints, and soft tissues of the neck region of the spine because of a sudden, violent jerking motion of the head

Whipple's disease- a rare disorder that has widespread effects on the body, including impaired absorption of nutrients, weight loss, joint pain, and anemia

Whipworm- a small, parasitic worm that can live in the intestines of a human and may cause diarrhea, abdominal pain, and anemia

White blood cell- a group of colorless blood cells that are part of the immune system, helping prevent and fight infection

X

Xanthine- a bronchodilator drug that is used to treat asthma

Xanthomatosis- a condition in which fatty deposits occur in various parts of the body, possibly leading to atherosclerosis

X chromosome- one of the two sex chromosomes; determines female sex characteristics

Xeroderma pigmentosum- a genetic disorder in which the skin is extremely sensitive to sunlight, causing it to age prematurely and leaving the individual particularly susceptible to skin cancer

Xerophthalmia- excessive dryness of the cornea and conjunctiva due to a lack of vitamin A

X-linked disorder- a genetic disorder in which the abnormal gene is located on the X chromosome; those affected are almost always men

X-ray- see Radiography

XYY syndrome- a disorder in which a man has an extra Y chromosome, causing him to be unusually tall and to have behavioral disorders

Y

Y chromosome- one of the two sex chromosomes; determines male sex characteristics

Yeast infection- a term usually referring to a candidiasis infection

Yellow fever- a life-threatening viral infection transmitted by mosquitoes that causes jaundice, fever, headache, and vomiting

Z

ZIFT- see Zygote intrafallopian transfer

Zinc chloride- a white powder used as an antiseptic and antiperspirant

Zollinger-Ellison syndrome- a rare disorder in which tumors form in the pancreas and secrete the hormone gastrin, which causes increased production of gastric acid and recurrent peptic ulcers

Zoonosis- a parasite-caused or infectious disease in animals that can be transferred to humans

Zygote- the cell that results when an egg is fertilized by a sperm

Zygote intrafallopian transfer- a method used to treat infertility in which an egg fertilized outside the body is placed into a woman's fallopian tube

O'QUV ADABIYOTINING NASHR RUXSATNOMASI

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Medical English

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(o'quv adabiyotining nomi va turi: darslik, o'quv qo'llanma)

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