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ОГАПОУ «Старооскольский техникум технологий и дизайна»

**МЕТОДИЧЕСКИЕ РЕКОМЕНДАЦИИ  
ПО ПРОВЕДЕНИЮ ПРАКТИЧЕСКИХ ЗАНЯТИЙ  
ПО УЧЕБНОЙ ДИСЦИПЛИНЕ**

**СГ.02 ИНОСТРАННЫЙ ЯЗЫК В ПРОФЕССИОНАЛЬНОЙ  
ДЕЯТЕЛЬНОСТИ**

**Специальность 43.02.17 Технологии индустрии красоты**

2023 г.

Методические рекомендации по проведению практических занятий по дисциплине СГ.02 Иностранный язык в профессиональной деятельности разработаны на основе Федерального государственного образовательного стандарта и рабочей программы учебной дисциплины для обучающихся по специальности среднего профессионального образования **43.02.17 Технологии индустрии красоты.**

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## 1. Пояснительная записка

Учебная дисциплина **СГ.02 Иностранный язык в профессиональной деятельности** является обязательной частью общепрофессионального цикла примерной основной образовательной программы в соответствии с ФГОС по специальности **43.02.17 Технологии индустрии красоты**.

Целью практических работ по дисциплине **СГ.02 Иностранный язык в профессиональной деятельности** является проведение практических занятий и овладение фундаментальными знаниями, профессиональными умениями и навыками по профилю изучаемой дисциплины, закрепление и систематизация знаний, формирование умений и навыков и овладение опытом творческой, исследовательской деятельности.

Практические занятия содержат тематические текстовые материалы, упражнения на расширение словарного запаса и образование потенциального профессионального словаря, грамматические таблицы, тренировочные задания для активизации знаний грамматических форм и синтаксических оборотов.

### **Задачи практических занятий:**

- обобщить, систематизировать, углубить, закрепить полученные знания по изучаемым темам;
- формировать умения применять полученные знания на практике;
- выработать при решении поставленных задач таких профессионально значимых качеств, как самостоятельность, ответственность, точность, творческая инициатива.

### **Цель практических занятий:**

- формировать у обучающихся навыки устной речи по профессиональной тематике;
- развивать потребность и умение пользоваться справочной литературой;
- развивать умение высказываться целостно, как в смысловом, так и в структурном отношении;
- развивать навыки чтения с полным пониманием основного содержания текста;
- активизировать знание грамматических форм и синтаксических оборотов, употребительных в специальной литературе.

### **В результате обучающийся осваивает следующие общие компетенции:**

ОК 01. Выбирать способы решения задач профессиональной деятельности применительно к различным контекстам;

ОК 02. Использовать современные средства поиска, анализа и интерпретации информации и информационные технологии для выполнения задач профессиональной деятельности;

ОК 03. Планировать и реализовывать собственное профессиональное и личностное развитие, предпринимательскую деятельность в профессиональной сфере, использовать знания по финансовой грамотности в различных жизненных ситуациях;

ОК 04. Эффективно взаимодействовать и работать в коллективе и команде;

ОК 05. Осуществлять устную и письменную коммуникацию на государственном языке Российской Федерации с учетом особенностей социального и культурного контекста;

ОК 06. Проявлять гражданско-патриотическую позицию, демонстрировать осознанное поведение на основе традиционных общечеловеческих ценностей, в том числе с учетом гармонизации межнациональных и межрелигиозных отношений, применять стандарты антикоррупционного поведения;

ОК 09. Пользоваться профессиональной документацией на государственном и иностранном языках.

### **В результате изучения в соответствии с ФГОС обучающийся должен знать:**

- лексический (1200-1400 лексических единиц) и грамматический минимум, необходимый для чтения и перевода (со словарём) иностранных текстов профессиональной направленности.

**Владеть:**

- навыками разговорно-бытовой речи (нормативным произношением и ритмом речи) и применять их для повседневного общения;
- понимать устную (монологическую и диалогическую) речь на профессиональную тему;
- активно владеть наиболее употребительной грамматикой и основными грамматическими явлениями, характерными для профессиональной речи;
- знать основную терминологию специальности;
- читать и понимать со словарем специальную литературу по профилю профессии (специальности);
- владеть всеми видами чтения литературы разных функциональных стилей;
- владеть основами публичной речи, делать сообщения, доклады и презентации (с предварительной подготовкой);
- участвовать в обсуждении тем, связанных со специальностью (задавать вопросы и отвечать на вопросы).
- иметь представление об основных приемах аннотирования, реферирования и перевода литературы по специальности.

Формы работы обучающихся включают в себя эссе, презентации, работа с конспектом лекции; составление таблиц для систематизации учебного материала; подготовка сообщений, составление тематического словаря и кроссвордов и др.

**Контроль и оценка результатов освоения учебной дисциплины:**

Контроль и оценка результатов освоения учебной дисциплины осуществляется преподавателем в процессе проведения тестирования и дифференцированного зачета, а также выполнения обучающимися индивидуальных заданий, проектов, самостоятельных работ. Критериями оценки результатов работы студента являются: обоснованность и четкость изложения ответа на поставленные вопросы, оформление учебного материала в тетради для практических работ.

**Нормы оценок речевой деятельности обучающихся:**

Форма оценивания – традиционная.

**Тестирование:**

**Отметка "5"** ставится в том случае, если поставленная задача решена, обучающиеся полностью поняли содержание задания, соответствующее программным требованиям по определённой теме.

**Отметка "4"** ставится в том случае, если поставленная задача решена, обучающиеся полностью поняли содержание задания, соответствующее программным требованиям по определённой теме за исключением отдельных подробностей, не влияющих на понимание содержания задания в целом.

**Отметка "3"** ставится в том случае, если поставленная задача решена, обучающиеся поняли только основной смысл задания, соответствующего программным требованиям.

**Отметка "2"** ставится в том случае, если обучающиеся проявили полное непонимание содержания задания, соответствующего программным требованиям.

**Дифференцированный зачет:**

**Отметка "5"** ставится в том случае, если общение осуществилось, высказывания обучающихся соответствовали поставленной коммуникативной задаче, их устная речь полностью соответствовала нормам иностранного языка в пределах программных требований для данного курса.

**Отметка "4"** ставится в том случае, если общение осуществилось, высказывания обучающихся соответствовали поставленной коммуникативной задаче, обучающиеся выразили свои мысли на иностранном языке с незначительными отклонениями от языковых норм (ошибки в употреблении артиклей, предлогов неправильное употребление

падежных форм и т.д.), а в остальном их устная речь соответствовала нормам иностранного языка в пределах программных требований для данного курса.

**Отметка "3"** ставится в том случае, если общение осуществилось, высказывания обучающихся соответствовали поставленной коммуникативной задаче, обучающиеся выразили свои мысли на иностранном языке с отклонениями от языковых норм, не мешающими, однако, понять содержание сказанного.

**Отметка "2"** ставится в том случае, если общение не осуществилось или высказывания обучающихся не соответствовали поставленной коммуникативной задаче, обучающиеся слабо усвоили пройденный языковой материал и выразили свои мысли на иностранном языке с такими отклонениями от языковых норм, которые не позволяют понять содержание большей части сказанного.

### **Тематический план практических занятий**

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**Тема 1.1. Описание людей: друзей, родных и близких и т.д. (внешность, характер, личностные качества).**

**Практическое занятие № 1. Роль английского языка.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

**Ход работы:**

**1. Прочтите и обсудите текст:**

**LEARNING FOREIGN LANGUAGE**

The great German poet Goethe once said: «He who knows no foreign language does not know his own one. Learning foreign languages is especially important nowadays. Some people learn foreign languages because they need them in their work, others travel abroad, for the third studying languages is a hobby.

Every year thousands of people from Russia go to different countries as tourists or to work. They cannot go without knowing the language of the country they are going to. A modern engineer or even a worker cannot work with an imported instrument or a machine if he is not able to read the instruction how to do it. Ordinary people need language to translation the instruction or the manual to the washing machine or a vacuum cleaner, medicine or even food-products.

Some people are as a rule polyglots. Historians' diplomats need some languages for their work. If you want to be a classified specialist, you must learn English, the language of international communication. English is one of the world languages. It is the language of progressive science and technology, trade and cultural relations, commerce and business. It is the universal language of international aviation, shipping and sports. It is also the major language of diplomacy. Hundreds and hundreds of books, magazines and newspapers are printed in English, most of the world's mail and telephone calls are in English. Half of the world's scientific literature is written in English. More than 350 million people speak English. Geographically, it is the most widespread language on earth, second after Chinese. It is the official language of the UK, the USA, of Australia and New Zealand; it is used as one of the official languages in Canada, the South Africa. Millions of people study and use English as a foreign language. In our country, English is very popular. It is studied at schools, colleges and universities.

Learning English is not an easy thing. It is a long process and takes a lot of time and patience. However, to know English today is necessary for every educated person. I want to know English because it is interesting for me to know foreign countries, their cultures and tradition. English will be of great use in my future profession connected with computers.

**2. Прочтите и переведите текст:**

## ENGLISH-SPEAKING COUNTRIES

English is spoken in many countries of the world. Do you know in what countries English?

Is the national language?

First, you will remember Great Britain, the homeland of the English language. Great Britain is not a large country. It is much smaller than France or Norway and smaller than Finland. It has four parts: England, Wales, Scotland and Northern Ireland. England is the largest part of the country and it has always been the strongest. English is the national language in all parts of Britain.

In the United States of America, the national language is also English. Four hundred years ago some English people sailed to North America to live there, and they brought the English language to this new country. Millions of people driven by poverty emigrated to the United States from different countries of Europe. They brought their own languages and cultures. That is why American English differs from British English. American people say and write some English words differently from how people do in England. So America is called a "melting pot" because it has become a complex of many Old-World cultures and languages. Canada is to the North of the United States. It is a very large country. In Canada, many people speak English because they also came from England many years ago. But in some parts of Canada, they speak French. The people who live in these parts came to Canada from France.

If you look at the map of the world, you will see that Australia is the fifth continent. It is the smallest continent and the largest island on the map. Australia is also an English-speaking country. New Zealand is not far from Australia but it is very far from Britain. The national language in New Zealand is also English. Many people from England, Wales, Scotland and Ireland came to live in Australia and New Zealand many years ago.

### 3. Ответьте на вопросы:

1. Where was the English language born?
2. What are the four parts of Great Britain?
3. Which part of Britain is the largest?
4. What is the national language in Britain (the USA)?
5. Who brought the English language to America?
6. Why is called America a "melting-pot"?
7. Where is Canada?
8. What languages are spoken in Canada?

### 4. Подведение итогов работы, оценивание.

## Практическое занятие № 2. Моя визитная карточка.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

**Ход работы:**

### 1. Расскажите о себе, используя клише:

1. My name is.....
2. My full name is .....
3. I was born on ..... of .....in .....
4. I am ..... years old.

5. From ..... till ..... I studied at school ..... in .....
6. I live in .....
7. From 2015, I studied at ..... in .....
8. My favourite subjects are .....
9. I will become a ....
10. My best friend .....
11. I have .... (about family)
12. My father is .....
13. He was born in .....
14. He works as a .....
15. My mother is.....
16. She was born in ....
17. She works as a .....
18. My address is ...

**2. Прочтите текст и выполните задание:**

**HARRY BARKER**

Harry Barker was born on 16th September 1965 in a farmer's family. He spent his early years on his father's farm. They always had a lot of animals. Harry usually helped his parents and worked on the farm. He fed the cows, sheep and horses, watered the plants in the garden. He often asked his father questions about his animals and got answers. Harry was interested in medicine. He wanted to know how to help the animals. But his dream was how to help people: he wanted to become a doctor, a children's doctor.

When Harry was eighteen, he left his home for London and began doing medicine. His university years were the happiest years of his life. He did what he liked doing. When Harry was 23 he met Margaret. They married and had two children – a boy and a girl. They are a happy family. Now Harry is working in a new hospital in the south-west of London. He loves his job and is making a wonderful career. His little patients and their parents like him very much because he is a very good doctor.

1. Harry's father was a ... .
2. When a young boy, Harry was interested in ... .
3. Harry's dream was to be a ... .
4. When Harry was 18, he went to ... .
5. Now Harry is a children's doctor in a ... .
6. His patients like Harry Barker because ....

**3. Ответьте на вопросы:**

1. What is your name?
2. How old are you?
3. Are you a student?
4. What college are you in?
5. Where are you from?
6. Are your parents there?
7. Are you fond of your hometown?
8. It is a beautiful town, isn't it?
9. Is your hometown far from here?
10. Have you got many friends?
11. Who is your best friend?
12. Is he/she a student?
13. How old is he/she?
14. Is he/she married or single?

**4. Переведите текст:**

1. My name is Leonard.
2. I live in Glasgow.
3. My father is a surgeon and my mother is a secretary.
4. I am the only child in the family.
5. I study at college.
6. My favourite subjects are English, History and Geography.
7. I like reading historical books, mainly about the history of my native land.
8. My hobby is playing chess.
9. I play chess with my friends and my group mates twice a week.
10. I have many friends. Many of them are my group mates.

**5. Подведение итогов работы, оценивание.**



## Практическое занятие № 3. Мой лучший друг. Описание внешности и характера.

**Цель работы:** употребление новых слов в составлении топика.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения: 2 часа.**

### Ход работы:

#### **1. Из данных слов, составьте топик.**

Height (рост): tall, short, medium height.

Build (телосложение): frail, stocky, slim, thin, plump, fat, skinny.

Age (возраст): young, elderly, middle-aged, teenager.

Hair (волосы): fair, blond, red, grey, sleek (smooth), braids, bald, straight, curly, wavy.

Face (лицо): round, oval, square, wrinkled, freckled, sun-tanned, pale.

Complexion (цвет лица): dark, fair.

Skin (кожа): delicate, rough.

Forehead (лоб): broad, doomed, high (tall), large (open), low, narrow.

Nose (нос): aquiline, flat, hooked, snub, fleshy, turned up.

Eyebrows (брови): arched, bushy, penciled, shaggy.

Eyes (глаза): big round blue eyes, hazel, small, kind/warm.

Eyelashes (ресницы): curving, straight, thick.

Cheeks (щеки): chubby, hollow, ruddy, dimples in one's cheeks .

Mouth (рот): large, small, vivid.

Lips (губы): full, thick, rosy, painted.

Teeth (зубы): close-set, even/uneven.

Smile (улыбка): charming, engaging, pleasant, sweet, cunning, sad, enigmatic.

Chin (подбородок): double, pointed, protruding, round, massive.

Hand (рука): puffy, soft .

Legs (ноги): long, short, slender, shapely.

#### **2. Подведение итогов работы, оценивание.**

### MY FRIEND

Nobody can live in isolation. It is very important for every person to have a friend. You can be sincere and outspoken with your friend. He can help you in difficult situations and give an advice. Friends must share with you likes and dislikes. So friendship is a real treasure. But it is difficult to find a really devoted and reliable friend, who will never betray you. As for me, I have a lot of friends and all of them are very important to me. In fact, sometimes I wonder what I would do without them. Friends mean a lot to me because I think it is important to have people around you who you can talk to about personal issues and who you can trust. Of course, it's also important to have friends with whom you can share new experiences and have fun with. We spend time together and like the same things and so we are not afraid to express our opinions with them. I've experienced a lot with my friends because I've known them for a long time and we have done a lot together. There is never a boring moment when I'm with my friends. For me a friend should be loyal, trusting and supportive.

#### **2. Закончите предложение:**

1. Friends are important to me because...

2. I need a friend when...
3. Friends think that I am...
4. Friends like me because...
5. I feel happy when a friend...
6. I feel unhappy when a friend...
7. My friends make me angry when...
8. When a friend teases me, I usually...
9. I like being with people whom...
10. I would rather not waste time with people who...
11. I enjoy talking with my friends about...
12. Some things I enjoy doing with my friends are...
13. A special quality that I admire in friends is...
14. Something I could do to become a better friend is...
15. Someone I would like to know better is...

### 3. Прочтите список прилагательных:

Choose adjectives that could be used to describe you most of the time. Making these choices will help you to understand yourself.

academic – образованный, но далёкий от реалий жизни  
 outgoing – уживчивый, общительный, с лёгким характером  
 insensitive – равнодушный  
 active – активный, энергичный  
 athletic – спортивный  
 passive – пассивный  
 bored – скучный  
 patient – терпеливый  
 critical – критичный  
 pessimistic – пессимистично настроенный  
 flexible – гибкий, легко приспосабливающийся к переменам  
 punctual – точный  
 sad – грустный  
 funny – потешный, забавный, с чувством юмора  
 scared – напуганный  
 sensitive – чувствительный  
 happy – радостный, счастливый, довольный  
 shy – застенчивый  
 stubborn – упрямый  
 healthy – здоровый

sympathetic – сочувствующий, сострадательный  
 honest – честный  
 idealistic – верящий и стремящийся к идеалам  
 talkative – болтливый, разговорчивый  
 impatient – нетерпеливый  
 tardy – медлительный  
 kind – добрый  
 temperamental – неуравновешенный, с норовом  
 lazy – ленивый  
 tense – напряжённый, с натянутыми нервами  
 lonely – одинокий  
 loyal – верный, преданный  
 thoughtful – чуткий, внимательный  
 messy – неряшливый  
 moody – человек настроения  
 tolerant – терпимый  
 neat – аккуратный  
 weepy – слезливый  
 optimistic – настроенный оптимистично  
 worried – переживающий

### 4. Составьте рассказ о друге по шаблону:

My best friend's  
 name is \_\_\_\_\_  
 nickname is \_\_\_\_\_  
 age is \_\_\_\_\_  
 birthday is \_\_\_\_\_  
 birthplace is \_\_\_\_\_  
 My best friend's favorite  
 food is \_\_\_\_\_  
 hobby or interest is \_\_\_\_\_

sport or game is \_\_\_\_\_  
type of book is \_\_\_\_\_  
kind of music is \_\_\_\_\_  
movie is \_\_\_\_\_  
subject at school is \_\_\_\_\_  
television program is \_\_\_\_\_  
My best friend  
likes to \_\_\_\_\_  
is afraid of \_\_\_\_\_  
gets mad when \_\_\_\_\_  
worries about \_\_\_\_\_  
is happy when \_\_\_\_\_

**5. Обсудите ответы со своим лучшим другом. Discuss your answers with your best friend to see how accurate they are.**

**6. Переведите письменно текст:**

### **FRIENDS AND FRIENDSHIP**

Everyone needs a friend. Some people want to have many friends, others need one, or two close ones. Sometimes you choose friends, sometimes other people choose you as their friend. Some of us make friends easily, but there are people who are shy, and it is very difficult for them to make friends. Having friends of your own age is important. These friends tend to look at things the same way you do because they have the same fears, interests, options, problems and worries that you do. Your friends can listen and understand how you feel whether you are dealing with a problem at school or at home. Your friends are there when you are feeling down, when you are eager of sharing a happy experience

Let us talk more about friendship. Our talks and discussions will sure help you to identify the special qualities that you possess as a person clarify your values, and decide what characteristics to look for in friends. Maybe it will help you in making friends and resolving difficulties when they threaten your friendship.

**7. Расскажите о своем друге.**

**8. Подведение итогов работы, оценивание.**

## **Тема 1.2. Межличностные отношения дома, в учебном заведении, на работе.**

### **Практическое занятие № 4. Моя семья.**

**Цель работы:** формирование лексических навыков.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

#### **Ход работы:**

**1. Выпишите номера, под которыми, даны переводы следующих английских слов:**

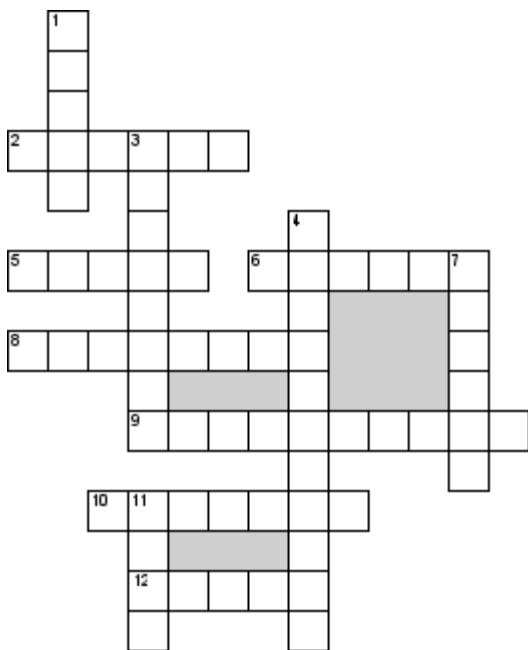
а) 1. surname; 2. parents; 3. grandfather; 4. member; 5. turner; 6. experienced; 7. part-time student; 8. full-time student; 9. to want; 10. to tell; 11. tall; 12. to come.

б) 1. бабушка; 2. студент дневного отделения; 3. рабочий; 4. студент; 5. хотеть; 6. имя; 7. токарь; 8. родители; 9. неопытный; 10. говорить; 11. дедушка; 12. идти; 13. фамилия; 14. студент вечернего отделения; 15. приходить; 16. член; 17. рассказывать; 18. техник; 19. опытный; 20. высокий.

**2. Переведите предложения и отметьте предложения, соответствующие тексту “My Family”:**

1. I am Peter Smirnov. 2. Our family is small. 3. My mother is a doctor. 4. She works at a hospital. 5. My father is a worker. 6. He is a turner. 7. His hobby is football. 8. I play the guitar and we sing together. 9. My grandpa is a veteran of the Great Patriotic War. 10. My granny is a pensioner. 11. Ann is a full-time student. 12. My brother Nick is a student. 13. I go to the technical school. 14. I am a part-time student. 15. I want to be a technician.

**3. Заполните кроссворд:**



**По горизонтали:**

- 2. Aunt's son
- 5. Mother's brother
- 6. Child without parents
- 8. Daughter's son
- 9. Father's second wife
- 10. Mother and father
- 12. Brother's daughter

**По вертикали:**

- 1. Woman whose husband died
- 3. Brother and sister
- 4. Mother's mother
- 7. Sister's son
- 11. Father's sister

**4. Вставьте соответствующие слова по теме "Родственные отношения":**

- |                               |                                       |                 |
|-------------------------------|---------------------------------------|-----------------|
| 1. I have an ....             | У меня есть дядя.                     |                 |
| a) uncle                      | b) aunt                               | c) son          |
| 2. They have a ....           | У них есть дочь.                      |                 |
| a) daughter                   | b) son                                | c) grandmother  |
| 3. My ... live in Samara.     | Мои бабушка и дедушка живут в Самаре. |                 |
| a) parents                    | b) grandparents                       | c) friends      |
| 4. His ... is a pensioner.    | Его дедушка - пенсионер.              |                 |
| a) grandmother                | b) father-in-law                      | c) grandfather  |
| 5. Her... is fifty years old. | Ее бабушке пятьдесят лет.             |                 |
| a) grandmother                | b) stepfather                         | c) stepmother   |
| 6. Their... is a student.     | Их сын студент.                       |                 |
| a) son                        | b) nephew                             | c) niece        |
| 7. Do you have a ...?         | У тебя есть сестра?                   |                 |
| a) brother                    | b) father                             | c) sister       |
| 8. She has...                 | У нее есть брат.                      |                 |
| a) cousin                     | b) brother                            | c) son          |
| 9. I love my....              | Я люблю своих родителей.              |                 |
| a) parents                    | b) relatives                          | c) grandparents |
| 10. His ... is a pupil.       | Его племянник – ученик.               |                 |
| a) niece                      | b) nephew                             | c) friend       |
| 11. What is their...?         | Кто их племянница по профессии?       |                 |
| a) niece                      | b) girl-friend                        | c) mother       |
| 12. What are you ...? .       | Кто твоя мама по профессии?           |                 |
| a) stepmother                 | b) father                             | c) mother       |



**Vlad:** Sure. But aren't you afraid that I spoil everything? I am not much of a cook.

**Mother:** Actually, there is nothing you can spoil. Just take the carrot and four or five potatoes, put them into the pot, boil them for about half an hour. Then peel and dice them, then put all them into that blue bowl.

**Vlad:** What are these vegetables for?

**Mother:** They are for your favourite meat salad, of course. Then add pickles, peas, three boiled eggs and sausage.

**Vlad:** And mayonnaise, of course.

**Mother:** Ah, certainly. And we've run out of mayonnaise. When you and Dad go shopping don't forget to buy some.

**Vlad:** All right. And what about green peas? I don't see any in the fridge.

**Mother:** Don't you? I thought we had some left. Anyway, you can include a can of green peas in your shopping list.

**Vlad:** Mum, what are you going to cook for the main course?

**Mother:** I think beef stroganoff is a nice choice.

**Vlad:** Beef stroganoff? This is meat cooked in sour cream and served with rice, isn't it?

**Mother:** Exactly. How do you like this?

**Vlad:** You know, it is what I really like.

**Mother:** Of course, I know it very well. By the way, I don't think I'll bother about baking a pie. You will buy a nice cake and I'll bake some cookies.

**Vlad:** Certainly. Well, as soon as the salad is ready, Dad and I will go shopping.

**Mother:** All right, here is the shopping list.

### IN THE SUPERMARKET

**Father:** Let's begin from the very beginning. Do we have to buy any dairy products?

**Vlad:** Yes, we'll take half a kilo of sour cream and three hundred grams of mayonnaise.

**Father:** Do you want any cheese? There is no cheese in the list.

**Vlad:** What about taking some? Just to be on the safe side.

**Father:** How much shall we take, do you think?

**Vlad:** About four hundred grams. This piece will do.

**Father:** Right. Let's take a packet of milk as well.

**Vlad:** What about canned goods? We need a can of peas, a can of strawberry jam for the cookies and a litre of sunflower oil.

**Vlad:** Do we have to buy any meat?

**Father:** No, we don't. But we must buy some salami.

**Vlad:** Shall I ask the shop assistant to slice it?

**Father:** We'd better buy sliced salami in a vacuum package. It has a better taste, in my opinion. And what will you say about buying some smoked salmon?

**Vlad:** I'd love some. Take this pack, please, will you? Now let's go to the confectionery, I want to choose a chocolate cake!

### 2. Запомните слова и выражения, которые необходимо знать по данной теме:

складывать – add, addition	индейка – turkey
вычитать – subtract, subtraction	утка – duck
делить – divide, division	печенье, крекер – biscuit
умножать – multiply, multiplication	варить – boil
закуска – appetizer	жарить на сковороде – fry
ветчина – bacon	тушить – stew
мясо – meat	жарить в духовке – roast
говядина – beef	мясной отдел – butcher's
свинина – pork	пирог, торт, пирожное – cake
телятина – veal	сыр – cheese
баранина – mutton	шоколад – chocolate
курица – chicken	кондитерский отдел – confectionery

повар, готовить – cook  
молочные продукты – dairy  
молоко – milk  
сливки – cream  
сметана – sour-cream  
масло – butter  
йогурт – yogurt  
фрукты – fruit  
яблоко – apple  
банан – banana  
груша – pear  
персик – peach  
слива – plum  
абрикос – apricot  
продовольственный магазин – grocery store  
очищать от кожуры – peel  
овощи – vegetables  
картофель – potato  
морковь – carrot  
лук – onion  
капуста – cabbage

огурец – cucumber  
помидор – tomato  
свекла – beetroot  
рис – rice  
продавец – shop assistant  
специя, пряность – spice  
приправа – condiment  
напитки – beverages  
супермаркет – supermarket  
тележка – cart  
корзина – basket  
первое блюдо (второе, третье) – the first course (the second, the third)  
праздничный обед – festive dinner  
вкусный – tasty, delicious  
броский, выдающийся – conspicuous  
примерочная – fitting room  
касса – cash desk  
носить – wear  
примерять – try (on)  
подходить (об одежде) – suit

### 3. Переведите на английский язык:

#### Translate into English.

- Мама, я иду в магазин. Что надо купить?
- У нас кончилось молоко. Зайди, пожалуйста, в молочный магазин и купи 2 литра молока.
- Что-нибудь еще?
- Можешь еще купить двести граммов масла и триста граммов сыра. Да, кстати, можешь взять еще килограмм помидоров для салата и огурцов, если будут свежие.
- Можно взять маринованных огурцов?
- По-моему, у нас еще остались, посмотри в холодильнике.
- Да, ты права. Но у нас нет майонеза. Пожалуй, я куплю немного.

### 4. Расскажите о традициях и обычаях своей семьи.

### 5. Подведение итогов работы, оценивание.

## Практическое занятие № 6. Молодежь и молодежные проблемы.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

#### **Информационное обеспечение:**

#### **Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

#### **Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

#### **Ход работы:**

#### 1. Прочтите и обсудите текст:

### YOUTH PROBLEMS

All people have problems. Some of them have many problems, the others have one or two problems only. Young people have as many problems as the grown-ups. It is possible to solve some problems but sometimes we can not solve this or that problem.

It is a problem to get a good education. It is necessary to pay for a good education. I can't enter the Institute without good knowledge. To get it, it is necessary to pay for it. Many young people want to enter university because they don't want to go to the army in this time. Now people want to be well-educated, because now the majority of firms and companies employ only higher qualified people, but universities can't educate all of them free, so those who don't have enough money can't get enough knowledge.

I am sure that all teenagers want to have a lot of money to dress well, to go to the clubs, to buy presents, etc. How can they solve all these problems? They have to earn money. I think it is possible to do it.

The problem of the youth unemployment is one of the most important ones. The number of the young people looking for job is constantly increasing. In Russia young people are looking for job not only for the sake of earning money, but because they want to be independent from their parents.

I think that young people have problems with their parents. What are they? All young people want to be independent; they want their parents to listen to their opinion, not to interfere in their private life. Some parents can't find a common language with each other. Our parents don't like our clothes and our music. They often try to treat us like small children. But if you really want to solve this problem you must try to understand each other.

Drinking and taking drugs are the most actual problems of the modern society. As for drinking, teenagers don't understand the harm it does to their health. Million young people today are using drugs, and most of them will die. A lot of teenagers have drug addiction *зависимость*. And sometimes they use drugs not because of that they want. And it often leads to bad ends.

The greatest problem among youth is tobacco smoking. Do you know that every year three million people die of smoking? Do you know that your life is 25% shorter if you smoke? But in Russia more than 76% smoke.

We also face the problem how to spend our free time. We can do it in different ways. Some of teenagers spend their free time in different night clubs. Other young people spend their free time in the streets.

There are many youth organizations in our country, which unite young men on different principles. Each of them has their own moral qualities. There are some informal organizations, for example: skinheads, hippies, punks and so on. Now there exists the problem of misunderstanding between different youth groups.

Youth is also the time to meet your first love. It is of course wonderful but as it is widely known that first love often has an unhappy end. The typical teenager problem is that "nobody understands me".

## 2. Сопнесите:

Grouping	distinctive features
1. Football fans	a. Wear wide clothes, wear caps, wear metal chains, listen to rap (or read rap)
2. Punks	b. Brightly coloured hair, metal chains, aggressive music
3. Bikers	c. Collect information, listen to music, visit concerts
4. Rappers	d. Deep understanding of computers, sit at the computer from morning till night
5. Hackers	e. Long black clothes, interests about the life beyond the grave
6. Goths	f. Symbols of the favourite sport team, the anthem of the team, follow the favourite team



**3. Переведите письменно:****RELATIONSHIP BETWEEN PARENTS AND CHILDREN**

Everyone says that youth is probably the best time of our life. Being young means love, friendship and romance, new discoveries and so on. But we must know that for teenagers it is the most difficult time. That's why parents must help their children solve youth problems. It can really help construct good relationship between parents and children.

But in our modern life there is often a lack of communication between parents and their children. Lack of the love and attention to children can make them unhappy.

As for me, I get on very well with my parents. Whenever I have problems with my friends or with my schoolwork, I know they are always there to listen and give advice. They have taught me a lot. They have got a lot of experience and they have always happy to share their knowledge with me. But sometimes my Mum and Dad seem to think I'm still a kid. When I go out with friends, I always have to be back home by ten o'clock and they call me on my mobile to check where I am. I have to ask permission for almost everything I do. It doesn't seem fair sometimes but I anyway love my parents very much and I think they are the kindest in the whole world.

In conclusion, the ability to solve or avoid family problems depends on children and parents. If the relationship between parents and children is based on love, mutual respect, and kindness, the family will be happy.

**4. Подведение итогов работы, оценивание.****Тема 2.1 Повседневная жизнь, условия жизни, учебный день, выходной день.****Практическое занятие № 7. Мой рабочий день.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

**Ход работы:****1. Прочтите текст:****MY WORKING DAY**

Hello. My name is Vlad Volkov and I am a college student. I am in my first year now. I want to tell you about my usual working day. It is 6.30 am and my younger brother Alexei is knocking at the door of my bedroom. "Will you jog with me today?" he asks. Every morning begins this way for me. I went jogging last year but then I have become «lazier and Alexei uses every chance to mock at me. He goes jogging regularly and he is a «good sportsman by the way – so his coach says. Alexei goes in for tennis and he has been playing football since he went to primary school. He is the best forward in his team.

Alexei goes away and I stay in bed a little while longer. Anyway, it is time to get up. I go to the bathroom and take a shower and clean my teeth, then come back to my room and switch on the television to watch the news while I am brushing my hair, shaving and putting my clothes on.

Now it is time for breakfast. All my family is at table – my mother, my father, Alexei and myself. We have scrambled eggs and bacon, a cup of tea and sandwiches. We chat and discuss news. I think it is right time to introduce my family members to you. My mother's name is Mary. She is a children's doctor. My father's name is Alexander and he is an engineer. Alexei is still a pupil. He is four years my junior. Oh, I have not yet told you about my elder sister. Her name is Nina. She is married. Her husband and she rent a flat not far from our place.

After breakfast, I look through my notes – just in case I have left something behind, put on my coat, then say good-bye to my mother and leave home. My father gives me a lift to the college in his car. He starts working later than my classes begin.

I arrive at my college just in time to say hello to my fellow-students before the bell goes. As a rule, we have three or four periods every day. We go to college five days a week. Saturday and Sunday are our days off. We have lectures and seminars. Sometimes we work in the workshops. To my mind, these are the most interesting lessons. My friends say that we will be having a test in English today. I think that writing tests in grammar is more difficult than speaking English. I hope I will not fail.

During the breaks, we go to the gym and play a round or two of basketball or volleyball. My friend John and I are fond of reading fantasy and we discuss the latest book by Nick Perumov. He asks me if I liked the book that he had given me. I tell him that I will have read the book by the end of the week.

At 1 pm, we have a long break. We go to the canteen and have a roll and a cup of juice. Then there is one more period, which is Mathematics. It is my favourite subject. The classes are over at 2.40 pm. Sometimes I go to the library to study there, but today I do not.

On my way home, I see my girlfriend Lena. She smiles at me and we walk together for a while. I suddenly remember that we will have been dating for a year next week. I will go and look for a present for her tomorrow. When we first met at a party, I told her that she was the prettiest girl in the world and I had been looking for her all my life. Now I think that she is not only the most beautiful girl, but also the best friend. I am fond of her. She is still a pupil; she is leaving school this year. Lena's dream is to enter Moscow State University.

I come to my place at about 4 pm. Mother is already at home. She is cooking in the kitchen. Soon my father and brother arrive and we have dinner together. After dinner, I do my lessons for tomorrow, watch television and read. I do not go out because the weather has become worse. I go to bed at about 11.30 pm.

## **2. Переведите текст на английский язык:**

Тони – итальянец. Он студент английского колледжа и изучает математику.

Он сейчас на 2 курсе. Тони живет в английской семье. Их фамилия Томсон. Их пятеро: мистер и миссис Томсон, сын Эндрю, старшая дочь Джейн и младшая Мэгги. Их дом находится в Оксфорде. По утрам Тони идет на пробежку, затем завтракает. На завтрак он пьет стакан апельсинового сока и ест яичницу с ветчиной. Затем он идет в колледж. Как правило, у него 3 или 4 лекции или семинара. Потом он занимается в библиотеке вместе со своими друзьями. Он приходит домой в 5 часов и ужинает с Томсонами. По вечерам он ходит в спортзал и играет в баскетбол или волейбол. После ужина он готовит уроки на следующий день или идет гулять, если погода хорошая. Обычно он ложится спать в 11 часов.

Tony is Italian. He is a student at an English college and studies mathematics. He is in his second year. Tony lives in an English family. Their surname is Tomson. There are five of them: Mr and Mrs Tomson, their son Andrew, an elder daughter Jane and younger Maggy. Their house is in Oxford. In the morning Tony jogs, then he has breakfast. For breakfast he drinks a glass of orange juice and eats bacon and eggs. Then he goes to college. As a rule, he has 3 or 4 lectures or seminars. Then he studies in the library with his friends. He comes home at five and has dinner with the Tomsons. In the evenings he goes to a sport hall and plays volley-ball or basketball. After supper he prepares his homework for the next day or goes for a walk, if the weather is fine. Usually he goes to bed at eleven pm.

### 3. Переведите на английский язык следующие слова и словосочетания:

- |   |   |
|---|---|
| 1) я хочу рассказать вам о                    | 11) ездить на трамвае (троллейбусе, автобусе) |
| 2) быть студентом...                          | 12) опаздывать на занятия                     |
| 3) по будним дням                             | 13) заканчиваться поздно вечером              |
| 4) по рабочим дням                            | 14) пропускать занятия                        |
| 5) просыпаться                                | 15) сдать экзамены успешно                    |
| 6) вставать в 7 часов утра                    | 16) время от времени                          |
| 7) принимать душ                              | 17) подготовиться к занятиям                  |
| 8) чистить зубы                               | 18) как правило                               |
| 9) одеваться                                  | 19) уставать                                  |
| 10) у меня уходит час, чтобы добраться до ... | 20) свободное время                           |

### 4. Напишите короткий рассказ о своем типичном рабочем дне, ответив на следующие вопросы:

1. When do you usually get up? Do you get up early?
2. Is it easy for you to get up early?
3. Does your alarm clock wake you up or do you wake up yourself?
4. Who usually makes breakfast for you?
5. What do you usually have for breakfast?
6. When do you usually leave your house?
7. How long does it take you to get to your college?
8. Do you go there by bus/trolley-bus or walk?
9. How many lectures do you usually have every day?
10. Where do you usually have lunch (dinner)?
11. What time do you come back home?
12. How long does it take you to do your homework?
13. How do you usually spend your evenings?
14. Do you have much free time on weekdays?
15. What time do you usually go to bed?

### 5. Подведение итогов занятия, оценивание.

## Практическое занятие № 8. Мой выходной день.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

### Ход работы:

#### 1. Прочтите текст:

#### MY DAY OFF

I go to school five days a week, so I have two days off – Saturday and Sunday (I'm lucky, because some other pupils have the only one day off). During the week I am very busy, so I like to have a rest on weekend.

I am not an early riser and it is a rare Saturday or Sunday when I get up before 9 o'clock. I enjoy staying in bed, when I don't have to hurry anywhere. We have late breakfast at 10 and watch TV.

Usually we have something tasty: meat salad, fried potatoes, chicken, cake or pie. If the weather is fine, I usually do not stay indoors, I and my dog go outside. Often we go to the park and play there. If the weather is rainy and gloomy, I stay at home and watch TV, listen to the music, read, the books.

After dinner we go visit our grandparents or relatives, or just simply take a nap. Sometimes when my friends call me we go roller – blading near the Opera theatre.

I like roller – blading very much, I think it is a lot of fun. In the evenings I like to watch video and music programs. There is a big armchair in my room right beside the lamp with blue shade. If it is cold I like to sit there with cup of coffee and read.

Sometimes I do something special on weekends: go to an art exhibition, to the theatre, to the concert. I always go to bed late on Sundays, and Monday morning is the nastiest thing through all the week. I like weekends very much, because I can rest and gain some energy for the next week.

## **2. Ответьте на вопросы:**

1. How does your typical day go?
2. When do you usually get up?
3. Do you jog in the morning?
4. Do you do your morning exercises?
5. What do you have for breakfast?
6. How much time does it take you to get to your school, university, office, etc.?
7. What transport do you use to get to your office, school, etc.?
8. Do you work hard?
9. When do you have lunch or dinner?
10. What do you do when you have break?
11. Do you go shopping after classes, work, etc.?
12. When do you come back home?
13. What do you do in the evening?
14. Do you walk with your dog?
15. Do you watch TV in the evening? How much time do you spend watching TV?
16. Do you read books, newspapers in the evening?
17. Do you help your mother to cook dinner, supper?
18. When do you go to bed?
19. Do you sleep late on Saturday and Sunday?
20. How are Saturday and Sunday evenings spent?

## **3. Переведите на русский язык:**

on week-days; the alarm-clock; to open a window wide; the bright sun; the singing of birds; a cheerful working mood; all the same; to start getting ready for something; to be short of time; to be through with something; to tidy up the room; neither...nor; in any weather; inclination; six times a week.

## **4. Измените предложения по образцу:**

*Образец:* Shall we go to the cinema today? Let us go to the cinema today.

1. Shall we walk home?
2. Shall we switch, on the radio?
3. Shall we buy something for dinner?
4. Shall we tidy up the room?
5. Shall we have dinner?
6. Shall we do the shopping on Monday?
7. Shall we go to the country on Sunday?
8. Shall we dust the books on the shelves?
9. Shall we air the room?
10. Shall we turn on the light?

## **5. Переведите на английский язык:**

1. Где ты обычно обедаешь?
2. Все дни недели я очень занят.
3. Я живу совсем рядом со школой.
4. Давай сделаем это упражнение вместе.
5. Вы живете в городе или пригороде?
6. Когда заканчиваются ваши занятия?
7. По дороге в школу я встречаю своих друзей.
8. У Кейт занятия в школе 6 раз в неделю.
9. Вы часто ходите в библиотеку?
10. Иногда они ходят в кино или театр.

## **6. Подведение итогов занятия, оценивание.**

## Практическое занятие № 9. Свободное время и хобби.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

### Ход работы:

#### 1. Прочтите и переведите текст:

#### YOUR PASTIME AND HOBBY

Hobby is what a person likes to do in his spare time. Hobbies differ like tastes. If you have chosen a hobby according to your character and taste, you are lucky because your life becomes more interesting. The most popular hobby is doing things. It includes a wide variety of activities from gardening to traveling, from chess to volleyball. Both grown-ups and children are fond of playing different computer games. This hobby is becoming more and more popular. Making things include drawing, painting, handicrafts. Many people collect something – coins, stamps, compact discs, toys, books. Some collections have some value. Rich people often collect paintings, rare things and other art objects. Often such private collections are given to museums, libraries.

As for me, I like to listen to music. 3 months ago, my parents bought me a compact disc player and I decided to collect compact discs. I like different music, it should be good. I collect discs of my favourite groups and singers. I carefully study the information printed on disc booklets. I try to find everything about my favourite singers. In addition, I like to watch music programmes on TV. I want to keep up with the news in the world of music.

Of course, I like to spend my spare time with my friends. We talk about all sorts of things (politics, teachers, and girls). We discuss films, books, TV programmes. In fine weather, we like to be in the open air. We find a nice place somewhere in the forest. We make a fire, bake potatoes and have a lot of fun. When the weather is bad, my friends come to my place. We have a good time together.

#### 2. Ответьте на вопросы:

1. What is a hobby?
2. What do you usually do in your free time? (dancing; drawing; collecting stamps, coins, books; working in the garden; reading books; taking photographs; playing sports and games)
3. Is this a hobby?
4. Do you have many different hobbies?
5. Do you know what your friend's hobbies are?
6. Do you think hobbies make people's lives more interesting? Why?
7. Do you learn more interesting things about the world, people, countries and nature if you have a hobby?
8. Are you fond of playing computer games?
9. Are you interested in sports?

#### 3. Составьте глоссарий по теме:

ENGLISH WORD	ПЕРЕВОД
aircraft modeling	авиамоделизм

<b>aquaria</b>	аквариумистика
<b>basejumping</b>	бейсджампинг
<b>basketball</b>	баскетбол
<b>billiards</b>	бильярд
<b>bowling</b>	боулинг
<b>break dance</b>	брейк-данс
<b>breeding animals</b>	разводить животных
<b>cards</b>	карты
<b>carving</b>	резьба по дереву
<b>cinema</b>	кино
<b>circus</b>	цирк
<b>chat</b>	общение в чате
<b>checkers</b>	шашки
<b>chess</b>	шахматы
<b>computer games</b>	компьютерные игры
<b>crosswords</b>	кроссворды
<b>collecting antiques</b>	коллекционирование предметов старины
<b>collecting knives</b>	коллекционирование ножей
<b>collecting pens</b>	коллекционирование ручек
<b>collecting stamps</b>	коллекционирование марок
<b>collecting vintage cars</b>	коллекционирование ретро автомобилей
<b>crosswords</b>	кроссворды
<b>cycling</b>	кататься на велосипеде
<b>diggerstvo</b>	диггерство
<b>diving</b>	дайвинг
<b>domino</b>	домино
<b>draw</b>	рисовать
<b>equestrian sport</b>	конный спорт
<b>feng shui</b>	Фэн-шуй
<b>fishing</b>	рыбалка
<b>fitness</b>	фитнес
<b>football</b>	футбол
<b>gardening</b>	заниматься садоводством

<b>graffiti</b>	граффити
<b>hockey</b>	хоккей
<b>hunting</b>	охота
<b>karting</b>	картинг
<b>learning foreign languages</b>	изучение иностранных языков
<b>motorcycle racing</b>	гонки на мотоцикле
<b>mountaineering</b>	альпинизм
<b>mushrooming</b>	собирать грибы
<b>music</b>	музыка
<b>parkour</b>	паркур
<b>photo</b>	фотография
<b>play the guitar</b>	играть на гитаре
<b>play the piano</b>	играть на пианино
<b>play the accordion</b>	играть на баяне
<b>reading</b>	чтение
<b>rock climbing</b>	скалолазание
<b>rollers</b>	ролики
<b>running</b>	бег
<b>sing</b>	петь
<b>scanwords</b>	сканворды
<b>shopping</b>	шопинг
<b>skateboarding</b>	скейтбординг
<b>skiing</b>	лыжи
<b>skydiving</b>	прыжки с парашютом
<b>sledge</b>	санки
<b>snowboarding</b>	сноубординг
<b>steam-bath</b>	баня
<b>swimming</b>	плавание
<b>tattoo</b>	татуировка
<b>tennis</b>	теннис
<b>theatre</b>	театр
<b>tourism</b>	туризм
<b>volleyball</b>	волейбол

watch TV	смотреть телевизор
writing poetry	писать стихи

#### 4. Подведение итогов работы, оценивание.

### Тема 2.2. Здоровье, спорт, правила здорового образа жизни.

#### Практическое занятие № 10. Спорт в нашей жизни.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

#### Ход работы:

##### 1. Переведите текст:

#### SPORTS IN OUR LIFE

Sport is very important in our life. It is popular among young and old people. Many people do morning exercises, jog in the morning; train them self's in clubs and different sections. Other people like sport too; they only watch sports game on TV and listen the sports news. They prefers reading interesting stores about sports men but they do not go in for sports.

Physical training is an important subject in school. Pupils have physical training twice a week. Boys and girls play volleyball and basketball at the lessons. There is a sport ground near our school and schoolchildren go in for sports in the open air. Many different competitions are held at school. A great number of pupils take part in them. All participants try to get good results and become winner.

Sport helps people to keep in good health. If you go in for sports, you do not catch cold. Children and grown-ups must take care of them health and do morning exercises regularly. There are some popular kinds of sport in our country: football, volleyball, hockey, gymnastics, skiing and other. Athletic is one of the most popular kinds of sport. It includes running, jamming and others.

My favorite sport is swimming. I go to the swimming pool twice a week. I prefer to rest by the lake or river and swim there. My friend goes in for boxing. He is a good boxer. His hobby helps him in his every day life.

##### 2. Запишите и выучите слова по теме:

- |   |   |
|---|---|
| 1. amateur – любительский                 | 14. professional – профессиональный       |
| 2. attention – внимание                   | 15. record – рекорд                       |
| 3. bodybuilding – культуризм, бодибилдинг | 16. roller skates – роликовые коньки      |
| 4. compulsory – обязательный              | 17. rowing – гребля                       |
| 5. diving – дайвинг                       | 18. sailing – парусный спорт              |
| 6. facilities – оборудование              | 19. skating – коньки                      |
| 7. fencing – фехтование                   | 20. skating-rink – каток                  |
| 8. figure skater – фигурист               | 21. skiing – лыжный спорт                 |
| 9. gym – тренажерный зал                  | 22. sporting society- спортивное общество |
| 10. healthy – здоровый                    | 23. swimming pool – плавательный бассейн  |
| 11. high jumper – прыгун в высоту         | 24. to be fit – быть в форме              |
| 12. indoors – в помещении                 | 25. to do sports – заниматься спортом     |
| 13. out-of-doors – на воздухе             | 26. totally – полностью                   |



27. tournament – турнир, чемпионат  
28. weight lifting – поднятие тяжестей

29. weightlifter – тяжелоатлет  
30. wrestling – борьба

### **3. Ответы на вопросы:**

1. Why is sport so popular in our country?
2. Do you go in for any kind of sport?
3. What is your favourite kind of sport?
4. What is the most popular kind of sport in our country?
5. Did you take part in any sport contests?
6. Do you play football or any other ball game?
7. Which ball game do you like best?
8. How many players make up a football team (a basket-ball team, a hockey team)?
9. How long does a football match last?
10. Are you a football fan? Which team do you cheer for?
11. What interesting (exciting) football match did you see? What was the score?
12. Are you a good skater?
13. Can you swim?
14. What outdoor and indoor games do you know?
15. What stadium is the best in our country?
16. When and where were the last Olympic Games held?
17. What world records were set there by our sportsmen?
18. When and where will the next Olympics be held?

**Подведение итогов работы, оценивание.**

## **Практическое занятие № 11. Олимпийские игры.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

### **Ход работы:**

#### **1. Прочтите и переведите текст:**

#### **OLYMPIC GAMES**

The Olympic Games have a very long history. They began in 776 B.C. (before Christ) and took place every four years for nearly 1200 years at Olympia, the place in Greece. They included and boxing, wresting and the pentathlon. The Olympic Games stopped in 394 A.D. (Anno Domini). The temple at Olympia was destroyed. Many years passed until in 1894 a Frenchman Baron Pierre de Coubertin persuaded people from 15 countries to start the Olympic Games again. 1896 is the year when the first of the modern series of the Olympic Games took place in Athens, the capital of Greece. In 1908, the 4th Olympic Games took place in Great Britain. More than 2000 sportsmen came to London from more than 20 countries. Since then the number of competing athletes has increased each time. Moscow was the capital of the Olympic Games in 1980. They were really the holiday for all peoples of the USSR. During the world wars, the Olympic Games did not take place. It was in 1916, 1940 and 1944. Lausanne, a city in Switzerland, is the residence of the International Olympic Committee. The members of the Committee decide where each Olympic Games will take place. They ask a city (but not a country) to be host – one city for the winter Olympic Games and one – for the summer Olympic Games.

#### **2. Дайте правильный ответ:**

1. How often are the Olympic Games held?
  - a. Every year
  - b. Every four years
  - c. C. Every two years
2. How many rings are there in the Olympic Games symbol?
  - a. Four
  - b. five
  - c. six
3. What do they represent?
  - a. Countries of the world
  - b. Continents of the world
  - c. Cities of the world
4. When will the next Summer Olympics be held?
5. Where will the next Winter Olympics be held?
6. Where were the first modern Olympics played?
  - a. 1896
  - b. 1900
  - c. 1924
7. Who was the 'inventor' of the modern Olympic Games?
  - a. Pierre de Coubertin
  - b. Juan Antonio Samaranch
  - c. Thomas Bach
8. What do the sportsmen who come first, second and third win in the Olympics?
  - a. Certificates
  - b. Equipment
  - c. Medals
9. Where are The International Olympic Committee based?
  - a. France
  - b. Switzerland
  - c. Spain

### 3. Переведите письменно:

From the 7th until the 23d of February in Sochi, there were the XXII Winter Olympic Games. For 15 days the best athletes in the world competed in different sports: Mountain skiing, Biathlon, Skeleton, Curling, Short-track, Bobsleigh, Ice-hockey, Snowboarding, Nordic Combined, Ski-jumping, Figure skating, Luge, Freestyle. There are some Olympic symbols and one of them is the Olympic Flag.

Bobber Alexander Zubkov became the banner bearer at the Olympic Games in Sochi. Five interlocked rings of blue, black, red, yellow and green colours symbolize the five continents united into the Olympic movement. The blue ring symbolizes Europe, the black ring – Africa, the red ring – America, the yellow ring – Asia, the green ring – Australia. The Olympic flame is the traditional attribute of the Olympic Games. As a symbol of peace among people, the flame represents the basic spiritual significance of this classic competition. Irina Rodnina and Vladislav Tretiak lighted the bowl of the Olympic flame. The Olympic motto is «Citius, altius, fortius». These Latin words mean «Faster, higher, stronger». The official slogan of the Olympic Winter Games: "Hot. Winter. Your ". Before games, the Russian Olympic athletes uttered an oath. The choir of Russian pop stars, including: F. Kirkorov, Valeria, D. Bilan, S. Rotaru, Y. Savicheva, D. Joker and others sang the Olympic anthem. Mascots - are the most important symbols of the Sochi 2014. They were Leopard, White Bear and Bunny.

### 4. Переведите:

1. Профессиональный спорт дает шанс посмотреть весь мир.
2. Профессиональные спортсмены вынуждены жертвовать многими вещами.
3. Профессиональный спорт помогает повысить самооценку и уверенность в себе.
4. Спортсмены вынуждены уходить на пенсию молодыми.
5. Профессиональный спорт помогает заработать много денег.
6. Профессиональный спорт ассоциируется с травмами и усталостью.

### 5. Подведение итогов работы, оценивание.

## Практическое занятие № 12. Здоровый образ жизни и вредные привычки.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

### **Информационное обеспечение:**

#### **Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

**Ход работы:**

**1. Прочтите и переведите текст:**

**SPORT AND A HEALTHY**

Sport is very important in our life. It is popular among young and old people. Many people do morning exercises, jog бег трусцой in the morning, train themselves in clubs, in different sections and take part in sport competitions. Other people like sports too, but they only watch sports games, listen to sports news. They prefer reading interesting stories about sportsmen. However, they do not go in for sports.

Physical training is an important subject at school. Pupils have physical training lessons twice a week. Boys and girls play volleyball and basketball at the lessons. There is a sports ground near our school and schoolchildren go in for sports in the open air.

Many different competitions are held at schools, a great number of pupils take part in them. All participants try to get good results and become winners. Sport helps people to keep in good health. If you go in for sports, you have good health and do not catch cold.

Children and grown-ups must take care of their health and go in for sports regularly. There are some popular kinds of sports in our country: football, volleyball, hockey, gymnastics, skiing, skating. Athletics is one of the most popular kinds of sports. It includes such kinds of sports as running, jumping and others. Everybody may choose the sport he (or she) is interested in. There are summer and winter sports.

My favourite sport is swimming. I go to the swimming pool twice a week. Nevertheless, I prefer to rest by the lake or the river and swim there.

**2. Ответьте на вопросы:**

1. Do you smoke?
2. Do you drink alcohol?
3. Do you often eat unhealthy food?
4. Do you prefer to watch TV to doing sports?
5. Do you use drugs?

**3. Переведите письменно:**

**ВРЕДНЫЕ ПРИВЫЧКИ**

The health of a person is the main value in the life. It cannot be bought with any money! There is no price for it. Being the sick person, you cannot realize all your dreams and be successful in the modern world. However, how to be healthy, when there are many bad habits?

Do not begin! Do not the first cigar, the first sip of alcohol! Everything begins so simply, but comes to the end with a trouble. It was said so much about the harm of smoking. However, not only have the teens also the junior pupils begun to smoke. There is no such organ, which would not suffer from smoking. Smoking is not a harmless pastime. It is necessary to have the will - power to stop smoking.

In addition to smoking, we can name the other bad habit the drinking of alcohol. Very often, they combine with each other. Alcohol is a poison! Having penetrated into an organism, it has destroyed the brain of the person for some months. A great man said that drinking alcohol is a voluntary mad. Under the influence of alcohol, the person can make rash actions. The matter is that alcohol is the drug, and drugs influence on the brains of the person. Especially alcohol is very dangerous for the young. In addition, the usage of drugs ... They ruin all human organs, so the drug addicts die young. Few of them live longer than several years after they have started taking drugs.

**4. Подведение итогов занятия, оценивание.**

**Тема 2.3. Досуг.**

## Практическое занятие № 13. Телевидение.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

### Ход работы:

#### 1. Прочтите и переведите текст:

##### TELEVISION IN OUR LIFE

Television now plays an important role in our life. It is difficult to say if it is good or bad for us. It is clear, that television has advantages and disadvantages.

However, are there more advantages than disadvantages? In the first place, television is an entertainment. Nevertheless, it is not only a convenient entertainment. For a family of three, four or five, for example, it is more convenient and less expensive to sit comfortably at home than to go out to find entertainment in other places. They do not have to pay for expensive seats at the theatre or cinema. They turn on the TV-set and can watch interesting films, concerts, football matches.

However, some people think that it is bad to watch TV. Those who watch TV need do nothing. We are passive when we watch TV. Television shows us many interesting programmes. Again, there is a disadvantage here: we watch TV every evening, and it begins to dominate our lives.

My friend told me that when his TV-set broke down, he and his family found that they had more time to do things and to talk to each other. There are other arguments for and against television.

Very often, the programmes are bad. Sometimes they show too much violence in films and news programmes. There is also too much pop music and ads. Ads overall are convenient for grown-ups. Nevertheless, is it good for children to watch all those ads where they show all kinds of underwear and what not?

#### 2. Прочтите по ролям диалог:

- I assure you that TV has positive and negative influences.
- Certainly I am not opposed to this question. However, I think need not worry about it; the TV leadership knows its way about and can find a necessary way out.
- I will say this for TV it taught me a lot.
- Sure, some TV programmes are valuable. Nowadays cable television, satellite televisions are widely spread.
- I prefer current affairs and nature life programmes.
- I see as to me I am fond sports programmes and sitcoms.
- Of course TV has much positive influence. It is modern, can be portable, interesting and exciting.
- But from the other hand. TV becomes commercial; there are too many thrillers, soap operas much violence.
- And the screen time is too expensive.
- I am annoyed with the advertisement.
- So do me. I think they should reduce the time of the advertisement.
- No matter how negative TV seems to be it has great future.

#### 3. Проведите социологический опрос в группе:

- 1) What is your favourite leisure activity?

a) watching TV; b) reading; c) listening to music; d) going out with friends; e) surfing the Internet; f) playing computer games; g) shopping.

2) How many hours do you watch TV daily?

a) 2 b) 4 c) 6 d) more than 6.

3) What are your favourite TV programs?

a) talk shows; b) documentaries; c) feature films; d) news; e) educational programs; f) cartoons; g) concerts.

4. Why do you watch TV?

a) in order to relax; b) it helps you to escape from the problems of school life; c) it gives you information about the world; d) it helps you to study better; e) it teaches you about relationships with other people.

5) Do you like watching TV alone or with friends?

**4. Проведите беседу о любимой телепередаче:**

Why do you think most of you like to watch (soap operas, talk shows, reality shows, feature films, etc)?

#### **Sample answers:**

a) I like “Big races” on Channel I because I can see there my favourite TV, pop and movie stars in unusual situations. It helps me to understand what person they are in real life;

b) My favourite TV program is “The Most Intelligent” on STS. Pupils from all regions of Russia can take part in this program and it is very interesting to watch how they compete against each other. It also helps me to check my own knowledge of different subjects.

c) As for me I like top shows most because I learn a lot of useful information about relationships and social and health matters.

d) My favourite program is “Star factory”. I like to watch young people from different backgrounds, learn about their relationships with each other, and how they learn to sing and dance. I always try to guess who will be the winner.

e) My favourite program is “Animal World”. I am interested in biology, so, it expands my outlook and gives me a lot of additional information.

f) As for me, I like to watch feature films, because they just help me to relax and to escape from the problems in my life.

**5. Прочтите текст о телевизионных пристрастиях американских подростков:**

T: And now we are going to read a text about the TV viewing habits of American teenagers and about their favourite leisure activities. The activity most popular with girls are hanging out with friends. This increases from 20 percent in Grade 3 (8-year-old). Social activities – friends and shopping become girls’ clear priorities as they grow older they prefer TV viewing, reading for pleasure and sports and declining. Boys want to hang out with friends too, particularly as they grow older. However, computer games are also a highly favoured activity. As for watching TV, the Simpsons and friends are the most popular TV programs with both girls and boys.

Top choices among boys are animated programs, comedies and sports. Top choices among girls tend to be programs featuring people in supposedly realistic situations and often focusing on social relationships. The kids surveyed identified the news as one of their most disliked programs but children of all ages watch it. A large majority agreed that the news makes them better un-informed. The primary qualities of feel - good shows seem to be heroism and overcoming the odds Girls, choices emphasize adventure.

The Harry Potter series and the “Lord of the Rings” movies appear in both the “feel-good” and “scary” lasts.

**6. Обсудите текст:**

1. According to the text, is playing computer games a more popular activity with boys or with girls?

2. What is the most popular activity with girls?

3. Have you seen the “Simpsons and friends”? “ Why do you think they are so popular?

4. According to the text who likes talk shows more: girls or boys?

5. Do American teenagers have the same/ different TV viewing habits as you? Why do you think that is so?

**7. Подведение итогов работы, оценивание.**

### **Практическое занятие № 14. Книги.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

#### **Ход работы:**

**1. Прочтите и переведите текст:**

#### **BOOKS IN MY LIFE**

1. I think nobody can do without books. 2. A book plays a very important part in our life. 3. We learn many things from books. 4. They help us in self-education and in solving problems of life. 5. They make our life richer and form our sense of beauty. 6. Every educated person has a home library and his favourite book. 7. But it is impossible to have all books you need or you are interested in at hand. 8. Then you go to a library. 9. There are many different libraries: children's, school, specialized, district and city libraries. 10. They have complete works by different authors, all kinds of literature, and a good choice of reference books, encyclopedias, dictionaries, magazines and newspapers. 11. If you want to prepare a report you must go to the library. 12. The librarian can help you to choose the book you need. 13. You can work in the reading-room of the library. 14. As for me I am a passionate reader. 15. I devote much time to reading. 16. I have a good library at home. 17. You can see a rich collection of historical novels, detective, fantastic and adventure books by M. Twain, M. Reed, L. Stevenson, P. Cooper, Agatha Christie, A. Clark, Vainer Brothers, A. Belyaev and others. 18. I am fond of Literature of Realism of the 19<sup>th</sup> century. 19. That is why I have complete works by L. Tolstoy, N. Gogol, I. Turgenev, W. Scott, J. Galsworthy and others. 20. One of my favourite books is «An American Tragedy» by Th. Dreiser. 21. The novel is based on real-life case. 22. The author describes the tragic story of a young American Clyde Griffiths corrupted by the morals of the society. 23. The book is very exciting. 24. It was screened.

**2. Ответьте на вопросы:**

1. Are you fond of reading?
2. What kind of books do you like to read? (poems, books about animals, books about nature, adventure books, books on history, books about travellers)
3. What kind of books do your parents like to read?
4. Where do you get books to read?
5. Do you have many books at home?
6. When did you learn to read?
7. What English and American writers do you know?
8. You learn a lot of interesting thing from books, don't you?
9. What is your favorite author?
10. What is your favorite book?
11. Is Mark Twain an American or an English writer?
12. Do you like books by Mark Twain?
13. Why do you like to read his books?

### **3. Выполните задания:**

#### **a. Say who wrote these books.**

"Robinson Crusoe", "Alice in Wonderland", "Gulliver's Travels", "The Adventures of Tom Sawyer", "Mowgli".

Mark Twain, Lewis Carroll, Rudyard Kipling, Daniel Defoe, Jonathan Swift

#### **b. Say in what century these books were written.**

Gulliver's Travels, Jonathan Swift, 1726.

Alice in Wonderland, Lewis Carroll, 1865.

Tom Sawyer, Mark Twain, 1876.

Winnie-the-Pooh, A.A. Milne, 1926.

The Jungle Book, Rudyard Kipling, 1894.

Mary Poppins, Pamela Travers, 1934.

### **4. Подведение итогов работы, оценивание.**

## **Практическое занятие № 15. Музыка в культуре разных стран.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

#### **Информационное обеспечение:**

##### **Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

##### **Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

#### **Ход работы:**

##### **1. Прочтите и переведите текст:**

### **MUSIC**

I love music; I think people cannot live without it. They listen to music, dance to music or learn to play musical instruments. Music in the lives of different people is different: some compose music, others play music, and others only listen to it. We can hear music everywhere: in the streets, in the shops, on TV, over the radio, in the cars, in the parks, everywhere.

I think it is really does not matter what kind of music you prefer: rock, pop, classical, jazz. Some of them appeared long ago, and some are modern. Classical music is often associated with the music of the past. This style also includes music being written now, and we may speak of modern classical music. Rap is a modern musical style where the singer speaks the words to music. Rap was not new. It started in the 70th. It was the music of city streets. Heavy metal is very noisy. This music was loud, angry and ugly. Dance music is a music used for dancing including jazz and pop music. Jazz is a mixture of many different kinds of music. Jazz is a popular music first played by Negro groups in the Southern USA in the early 20th century. One kind of music is rock. It was born in the 50th in USA.

Many people are fond of music. They go to the concerts, visit Concert Halls and Opera Theatres. I enjoy listening music because it reflects my emotions. Sometimes I attend music halls and the concerts, when popular groups and singers are there. I like watching music programs on TV. I know more about popular talented groups and singers I like.

Some people go to music schools; they play different musical instruments, sing in the chorus, and try to compose music. Nowadays singers and songs become popular very quickly thanks to special radio programs and TV channels. Great Britain has produced more popular music stars than any other country.

##### **2. Ответьте на вопросы:**

1. Do you like music?

2. What kind of music do you like?





**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

**Ход работы:**

**1. Прочтите и переведите текст:**

### **MASS MEDIA**

No doubt, is an important part of our life. People from different walks of life have become nowadays listeners, readers, viewers. Or in other words, reading newspapers and magazines, watching TV, listening to the news on the radio are our main means of getting information in all its variety. Newspapers with their enormous circulation report different kinds of news. They carry articles which cover the latest international and national events. Now people buy newspapers also for the radio and TV programmes which they publish. There are special newspapers which gave a full coverage of commercial, financial and publish affairs. There are newspapers and magazines for young people. They give a wide coverage of news, events and reports on education, sports, cultural life, entertainment, fashion. There are a lot of advertising programmes now, sensation material, too. They represent the views of today's youth. Radio broadcasts are valued mainly for their music programmes (Europa plus). TV, radio, press reflect the present day life. Their information may vary from social and economic crises, conflicts, wars, disasters, earthquakes, to diplomatic visits, negotiations, from terrorism, corruption, to pollution problems, strikes, social movements. Much information is published concerning official governmental decisions. TV is the most popular kind of mass media now. Viewers are fond of watching variety show, films, sports, plays, games, educational and cultural programmes. We have many different channels, including commercial channels. There are many interesting and exciting programmes, but at the same time too often very primitive films are televised. I mean horror films, thrillers, detective films with all their cool-blooded atmosphere of violence and endless crimes and murders. Our family is also a mass media consumer. I have a TV set in my room. The culture programmes like "Kultura" are my mother's favourite, my farther is a hockey fan, he likes to see sport programmes. I'm not keen on special programmes. I like to see a bit here and a bit there. Also, I can say I like programmes about travelling and traditions of another countries. Those programmes are educating and relaxing at the same time.

**2. Составьте мини диалог. Прочтите фразы. Подберите к каждой фразе подходящую ответную реплику:**

– Hello, Ann. Haven't seen you for ages. How are you getting on?

– (1)

– Why? Has anything happened? You look rather tired.

– (2)

– Have you changed your job? I remember you didn't have to get up at such an early hour of the morning.

– (3)

– Cheer up, dear. There are only 4 days left to the end of it.

– (4)

(a) – I say, the problem is I have to get up very early these days and as you know I'm not an early riser

(b) – Thank you. See you later

(c) – Hello, Susan. Frankly speaking, so-so.

(d) – Oh, no, certainly, not. But my boss has asked me to start my office hours at 7.45 this month.

### 3. Составьте предложения из предложенных слов:

1. Not far, we, from, the park, live.
2. Is, all, why, crying, the baby, time?
3. Talking, what, he, about, is?
4. To, how, she, go, does, work?

### 4. Выберите подходящее по смыслу слово:

Radio also introduced government regulation into the (1) \_\_\_\_\_. Early radio stations went on and off the air and wandered across different frequencies, often blocking other (2) \_\_\_\_\_ and annoying listeners. To resolve the problem, Congress gave the government power to regulate and license (3) \_\_\_\_\_. From then on, the airwaves — both (4) \_\_\_\_\_ and TV — were considered a scarce national resource, to be operated in the (5) \_\_\_\_\_ interest.

Stations, public, media, radio, broadcasters.

5. Напишите своему другу по переписке e-mail сообщение (5-10 предложений) с описанием своего рабочего дня.

6. Подведение итогов работы, оценивание.

## Практическое занятие № 17. Современное телевидение. Интернет.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

### Ход работы:

#### 1. Прочтите и переведите. Подготовьте пересказ текста:

TV-set has become a part of our lives many years ago. Watching TV, we learn a lot of information. The most important information coming from TV is certainly news. Thanks to the news we keep track of events of both domestic and foreign policy. However, not all programs are of use to us. Probably on the contrary – they only hamper our development, making us weak and inactive. Therefore, it's impossible to say that TV is 100% boon.

So "the idiot box" with TV shows, does it do more good or harm? Giving a clear answer is impossible. What will happen if we don't turn on TV at all? We won't be aware of what is going on in the world and in the country. You can, of course, learn the news through the Internet, but there aren't many people who are used to doing so. Particularly it's true for people over 50.

Let us consider another situation. All day long a person lies on the sofa or sits in the arm-chair and watches the "box" round the clock. Who will like this kind of lifestyle of "couch potato"? Answer: nobody! However, this attitude to life also harms the main hero – lazy viewer. Why? Firstly, he is passive, which in future will lead to the deterioration of his health and quality of life. Secondly, he watches everything just channel-hopping. We all know that 90% of the information on television is neither educational nor cognitive. They aim simply to draw the audience attention, not to mention useless ads.

Телевизор стал частью нашей жизни уже много лет назад. Смотря телевизор, мы узнаем много информации. Самая важная информация, поступающая из телевизора, – это, безусловно, новости. Благодаря новостям, мы остаемся в курсе событий как внутренней политики, так и внешней. Однако не все передачи приносят нам пользу. Скорее всего, наоборот – они только препятствуют нашему развитию, делая нас немощными и малоактивными. Поэтому сказать, что телевизор – это 100% благо невозможно.

Так чего же приносит больше «ящик» с развлекательными программами – пользы или вреда? Дать однозначный ответ нельзя. Что будет, если мы вообще не будем включать телевизор? Мы не будем знать, что происходит в мире и в стране. Можно, конечно, узнавать новости с помощью интернета, но не многие люди привыкли это делать. Особенно это касается людей за 50 лет.

Давайте рассмотрим другую ситуацию. Человек целый день лежит на диване или сидит в кресле, и сутками напролет смотрит в «ящик». Кому понравится такой образ жизни лежебоки? Ответ: никому! Однако такое отношение в жизни также нанесет вред главному герою – ленивому телезрителю. Почему? Во-первых, он пассивен, что в дальнейшем приведет к ухудшению его здоровья и качества жизни. Во-вторых, он смотрит все подряд, переключая каналы с одного на другой. Мы все хорошо знаем, что 90% информации по телевидению не являются ни обучающими, ни познавательными. Они нацелены на то, чтобы просто привлечь внимание зрителя, не говоря уже о бесполезной рекламе.

### **TELEVISION**

Television nowadays has become one of the most important mass media. It informs, educates and entertains people. It influences the way people look at the world and makes them change their views. In other words, mass media, and especially television, mould public opinion.

Millions of people like to watch TV in their spare time. The TV set now is not just a piece of furniture. It is someone who is one of the families. There are two viewpoints on television. Some people think that television is doing a lot of harm. People begin to forget how to occupy their free time. It prevents them from communicating with each other, from visiting friends, or relatives. And indeed, people used to have hobbies, they used to go outside for amusements to the theatres, cinemas, sporting events. They used to read books and listen to music. Now all free time is given to television.

But there are a lot of people who consider TV to be helpful because it gives us a lot of information. We become better informed by watching documentaries, science programs and by learning the most important economic, social and political issues of the day. We can see famous people, great events that will pass into history. Television gives wonderful possibilities for education: you can take a TV course in history, economy, in learning foreign languages and in many other subjects.

Television brings the world in your living-rooms. We see people in our country and in other lands, and learn their customs, occupations, and problems. TV gives us opportunities to see the best actors and performances, to hear the latest news, to listen to political discussions. To crown it all, TV simply helps us to relax after a hard day's work, giving a great variety of entertaining and musical programs.

Still, it's not a good thing for children to be glued to the TV screen all day long. It's very harmful for their health and for developing personalities, because children prefer low-standard hits, horror films or banal serials. All this by no means contributes to what we call making a personality.

### **ТЕЛЕВИДЕНИЕ**

Телевидение в наше время стало одним из наиболее важных средств массовой информации. Оно информирует, воспитывает и развлекает людей. Оно влияет на мировоззрение людей и заставляет менять свои взгляды. Другими словами, средства массовой информации и, в особенности, телевидение формируют общественное мнение.

Миллионы людей любят смотреть телевизор в свободное время. Телевизор сейчас не просто предмет обстановки. Это как бы один из членов семьи. Есть две точки зрения на телевидение. Некоторые считают, что телевидение приносит много вреда. Люди начинают забывать, как можно заполнить свободное время. Оно мешает им общаться друг с другом, посещать друзей, родственников. И в самом деле, раньше люди имели хобби, ходили развлечься в театры, кино, на спортивные состязания. Они читали книги и слушали музыку. Теперь всё свободное время отдаётся телевидению.

И всё же есть много людей, которые считают телевидение полезным, так как оно даёт нам много информации. Мы становимся более осведомлёнными, когда смотрим документальные фильмы, научные программы, когда узнаём о наиболее важных экономических, общественных и политических новостях дня. Мы можем увидеть знаменитых людей, значительные события, которые войдут в историю. Телевидение даёт прекрасные возможности для образования: можно прослушать курс по истории, экономике, изучать иностранные языки и многие другие предметы.

Телевидение приносит целый мир в наш дом. Мы видим людей в нашей стране и в других странах, узнаём об их обычаях, занятиях, взглядах, проблемах. Телевидение даёт нам возможность увидеть лучших актёров и лучшие спектакли, услышать последние новости, послушать политические дискуссии. И, наконец, телевидение просто помогает нам расслабиться после напряжённой работы, предлагая широкий выбор развлекательных и музыкальных программ.

И всё же не очень хорошо, когда дети целый день "приклеены" к экранам телевизоров. Это вредит здоровью и развитию личности, так как дети предпочитают низкопробные боевики, фильмы ужасов или банальные сериалы. Всё это ни в коем случае не способствует тому, что мы называем формированием личности.

## **2. Выучите диалог наизусть:**

- Are you a passionate TV viewer?
- I can't say so. In fact I only watch those programs that I find interesting and helpful.
- What are those programs?
- Well, I enjoy "The Travellers' Club" and "The World of Animals". They are regular TV programs. They help me to study history, geography, biology.
- And what about information programs?
- There are plenty of them now. It goes without saying, that I try to watch the most important of them, "Vesti", "Time" and others. They keep me informed in all the topical issues of the day.
- What TV programs do you watch for entertainment?
- I relax when I watch musical shows, humorous programs, TV games such as "What? Where? When?", "The Lucky Chance", "Brain Ring" and others.
- What is your attitude towards advertising on TV?
- I find it boring and annoying.

### **Диалог:**

- Вы страстный телезритель?
- Я не могу так сказать. Вообще-то, я смотрю только те программы, которые считаю интересными и полезными.
- Что же это за программы?
- Мне нравится "Клуб путешественников" и "В мире животных". Это регулярные телевизионные программы. Они помогают мне изучать историю, географию, биологию.
- А как насчёт информационных программ?
- Их сейчас великое множество. Само собой разумеется, я стараюсь смотреть наиболее важные из них, "Вести", "Время" и другие. Они держат меня в курсе всех основных событий дня.
- Какие телепередачи Вы смотрите для развлечения?
- Я расслабляюсь, когда смотрю музыкальные шоу, юмористические программы, телевизионные игры, такие как "Что? Где? Когда?", "Счастливый случай", "Брэйн Ринг" и другие.
- Как Вы относитесь к рекламе на телевидении?
- Я считаю её надоедливой и раздражающей.

## **WHAT IS INTERNET?**

Nowadays more and more people are interested to be known about all events, in taking some information quickly. With the help of Internet, you can make it easily. Internet is a global

network connecting millions of computers. More than 100 countries are linked into exchanges of information. Internet is accessed (доступен) by a user when there are computers connected by modems and telephone lines. There are several applications called Web browsers that make it easy to access доступ the World Wide Web. The most popular browsers are Google Chrome, Mozilla Firefox, Opera, Safari and Microsoft Internet Explorer.

### **WHAT IS E-MAIL?**

E-mail is the abbreviation for electronic mail. Usually, it takes only a few seconds or minutes for mail to arrive. If you have any mailbox, you may have to check your electronic it periodically, although хотя many systems tell you when mail is received. After reading your mail, you can store хранить it in a text file, forward it to other users, or delete it.

### **HISTORY**

It is hard to imagine our lives without Internet nowadays. It has become an important part of every person's life. It has drastically changed everything around. Originally, Internet was a military experiment in the USA of 60-s. Soon it became clear that everyone in the world could use it. Since the time of Internet appearance, many other media sources became unnecessary.

You can find the information you are looking for in 5 seconds. Just google it and here is the answer. It is very convenient for students, professionals, experts and all other people.

### **3. Переведите текст письменно:**

Facebook – Social Network, founded in 2004 by Mark Zuckerberg and his roommates while studying at Harvard University, including Eduardo Saverin, Dustin Moskovitz and Chris Hughes. Thanks to this site, Mark Zuckerberg became the youngest billionaire. At first website was named thefacebook.com, and was opened only to students of Harvard University, and then to other universities in Boston and then for students of all educational institutions of the United States. Beginning in September 2006 the site was opened to all users under the age of 13 years, having e-mail. Facebook has more than 600 million users. Facebook allows you to create a profile with photos, invite friends, communicate, and inform other users about statues. Facebook offers many features with which users can interact. Among the most popular – photo albums and a "wall" where friends can leave messages. A user can control the level of access to information posted on the profile, and determine who has access to one or another part. The most popular search engines in Europe – the American Google. Russian website “Yandex” is in third place.

### **4. Прочтите текст и выполните задание:**

#### **THE RICHEST MFN IN THE WORLD**

Everyone has heard about Bill Gates, the icon of American business and the richest man in the world. Microsoft, the business he started with a friend in 1975, has become the world largest computer software company.

Bill Gates was born on the 28th of October 1955 in Seattle, USA. Seattle was once famous for producing Boeing aircraft, but is now better known as the home of Microsoft. From his parents Bill got a good business sense and a quick mind. His father is a lawyer and his late mother was a teacher and then a company director.

At school, Bill soon showed that he was very intelligent. His favourite subjects were Maths and Science. At 13, he got interested in computers. Bill Gates and his friend Paul Allen were soon spending all their time writing programmes and learning about computers instead of doing their homework.

After finishing school in 1973, Bill went to Harvard, America's most famous university. Most of the time he worked on the computers in the university laboratory. The next year, he and Paul Allen wrote an operating programme for first microcomputer. Bill knew, even then, that he would revolutionize the world of computing and he left Harvard before finishing his studies.



nagers, for men and women, for sports fans, for those who are interested in gardening and for those who keep pets.

Some newspapers publish serious articles on politics, economy and finance, some aim to entertain their readers. Many newspapers express certain political opinion and people choose them according to their own political beliefs. In short, you can always find a paper which suits your interests. Besides, there are many free local newspapers which are put into your postbox whether you ask for it or not. Probably they are not interesting, because they consist mainly of advertisements, but you can find a lot of useful telephone numbers and addresses there.

My parents subscribe to Argumenty i Fauty. I also like this weekly. I don't read all the articles, but in every issue I find something interesting. I think that most articles are very well written, they give a detailed and well-balanced analysis of current events and trends in economy. I like to read articles on social issues, interviews, reviews of new books, plays and TV shows. One of my favourite columns is The Quotation of the Day, where they quote our popular politicians and give their comments. Sometimes it's very funny.

Quite often I buy Sovshhenno Secretno (Top Secret) and practically in each issue there are some fascinating stories which you read like a detective story. Sometimes they uncover things I have not heard about, sometimes they show well-known events in a completely new light.

From time to time I read Moskovsky Komsomolets. It's one of the most popular daily papers, but I don't consider it serious. However, I never miss an article written by Minkin. I think he is a very good journalist. I also like Merinov's cartoons. Sometimes they publish good reviews of new films, new CDs and so on.

In short, I think that TV, radio and the Internet have their advantages, but nothing can substitute newspapers.

## **2. Подведение итогов работы, оценивание.**

### **Тема 2.5. Природа и человек (климат, погода, экология).**

#### **Практическое занятие № 19. Климат России.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

#### **Ход работы:**

##### **1. Прочтите и переведите:**

#### **GEOGRAPHY AND CLIMATE**

The Russian Federation occupies the largest part of Eastern Europe and North Asia, covering 17 million square kilometers. The length from west to east is 9,000 km, and from north to south the country's dimensions range from 2,500 to 4,000 thousand km. Russia borders 14 countries to the northwest, to the west, to the south and to the southeast. Russia's longest coastlines run along the Arctic Ocean and the Pacific Ocean.

Large plains constitute up nearly 70 per cent of Russia's landmass. The East European Plain stretches to the Ural Mountains, traditionally considered the eastern edge of Europe. East of the Urals lies the West Siberian Plain. Between the Yenisei and Lena rivers is the high Middle Siberian Plateau, which meets the Central Yakutian Plain to the east.

Mountains are found in eastern and southern part of Russia. To the south in the European part is the North Slope of the Big Caucasus Range, which includes Elbrus, the country's highest

mountain peak at 5,642 m. A belt of mountains ranges stretches through southern Siberia. Along the Pacific coast are the mountains of Kamchatka and the Kuril Islands, which feature active volcanoes.

Russia has about 120,000 rivers, whose total length exceeds 2.3 million km. The largest rivers are the Amur (4,400 km), the Volga (3,530 km), the Yenisei (4,102 km), the Ob (5,410 km) and the Lena (4,440 km). There are about two million lakes and seas, the largest of which are Baikal, Ladoga, Onega and the Caspian Sea.

The climate of Russia varies from the sea climate in the far northwest to the sharp continental climate of Siberia and the monsoon climate in the Far East Region. Most of the country, however, enjoys a moderate continental climate, with cold winters and rather warm summers. The average temperature in January ranges from zero to minus five degrees C in the west and around the Caucasus, to minus 40 or minus 50 degrees C in Yakutia. Snow covers the land for 60 to 80 days in the south and 260 to 280 days in the far north. The average temperature in July is 24 to 25 degrees C near the Caspian lowland and one degree C in northern Siberia. Precipitation in the west comes primarily from the Atlantic Ocean and in the Far East from the Pacific Ocean, ranging between 100 mm a year in semi desert areas of the lowlands near the Caspian Sea to 2,000 mm in the Caucasus and Altai Mountains.

## **2. Подведение итогов работы, оценивание.**

### **Практическое занятие № 20. Климат Великобритании.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

#### **Информационное обеспечение:**

##### **Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

##### **Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

#### **Ход работы:**

##### **1. Запишите и переведите слова:**

- |           |            |
|-----------|------------|
| 1. cold   | 7. warm    |
| 2. frosty | 8. hot     |
| 3. snowy  | 9. sunny   |
| 4. cloudy | 10. foggy  |
| 5. cool   | 11. windy  |
| 6. rainy  | 13. stormy |

##### **2. Прочтите и переведите текст:**

#### **CLIMATE OF GREAT BRITAIN**

The climate of any country depends on its geographical position. Great Britain is situated on the British Isles. The British Isles lie to the west of the continent of Europe. The total land area of the United Kingdom is 244,000 square kilometers. The mountains are in the west and north of the country. There are lowlands in the south and east. There are many rivers in Great Britain but they are not long. The western coast of Great Britain is washed by the Atlantic Ocean and Irish Sea. The waters of the North Sea wash the eastern coast. The English Channel, which is 32 kilometers wide, separates the southeast of Great Britain from France. So Great Britain is surrounded by water. Not far from the British Isles, there is warm Golf Stream. All these facts influence the climate of the country. The climate of Great Britain is mild, temperate and wet. In the country, it is not hot in summer and it is not very cold in winter. Spring is very beautiful season because everything is covered with flowers. Autumn is wet and cool. In January, average temperature is from 3 to 7 degrees below zero and in July, it is from 16-17 degrees above zero. It



often rains in Great Britain. It does not often snow in Great Britain. The weather changes very quickly. In the morning, it may be shining brightly and in the afternoon, it may rain. That is why radio and television inform people about weather forecast very often. The British joke, "In other countries it is climate, in Britain we have weather."

### **3. Разыграйте диалоги:**

#### **1.**

- Hello, Charles.
- Hello, Dick, lovely day, isn't it?
- Absolutely wonderful, nice and warm. What is the weather forecast for tomorrow? Do you know?
- Yes, it says it will be bright and sunny.
- How nice. Nice weather for outing.
- You are right.

#### **2.**

- Oh, that is you Tony. What is it like outdoors?
- It seems to be clearing up.
- What do you mean by clearing up?
- A big improvement on what we have been having. Quite different from the forecast.
- They say we are in for snow. It is supposed to cloud over this afternoon.
- Let's hope it keeps fine for the weekend.

### **4. Подведение итогов работы, оценивание.**

## **Практическое занятие № 21. Проблемы экологии.**

**Цель работы:** совершенствование коммуникативной компетенции обучающихся по теме «Загрязнение окружающей среды».

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

### **Ход работы:**

#### **1. Повторите слова и словосочетания:**

to worry about	scientists
environment	protection
energy	nature
waste	health
the chemical industry	radiation
the Earth	to forecast
pollution	earthquake
litter	generations
ecologists	disaster

#### **2. Переведите текст:**

### **THE PROBLEM OF ENVIRONMENTAL PROTECTION**

Environmental protection is the main problem facing humanity nowadays. The image of a sick planet has become firmly established in the public mind lately. Ten years ago, the word 'ecology' hardly meant anything for the majority of people, but today we cannot help bearing it in our minds. It has happened because of the growing effect of the rapid industrial development of the natural world, which has negative features of its own. As a matter of fact, the state of environment has greatly worsened of late.

There is no doubt that soil; water and air are contaminated with toxic wastes. Over the past few years we have been constantly speaking about ozone holes, droughts, high level of radiation, about food contaminated with chemicals. Scientists in many countries are very much concerned about drastic changes in weather patterns. The worst drought, the mildest winter and the most devastating hurricanes have become typical in those parts of the world where they used to be a rare occurrence.

Weather patterns have been changing recently due to the global warming-up process and its major reason – the greenhouse effect. The greenhouse effect is created by carbon dioxide emissions, released by industrial facilities and a constantly increasing number of cars. Thus, it is of vital importance that the world should start cutting down the release of gases that contribute to the greenhouse effect. What is the reason for people getting so much worried about the state of environment? The answer to this question is fairly simple. The thing is the deterioration of the environment is telling heavily on people. They are paying for this with their health. In addition, it is obvious what all people need is a healthy environment.

To solve this burning problem it is necessary for people to combine efforts, to raise safety standards at all industrial facilities, to adequately process by-products of industry, to set up an international space laboratory to monitor the state of environment and set up an international centre for emergency environmental assistance. All these measures will help us in solving these important problems and prevent us from dangerous illnesses and diseases.

**3. Ответьте на вопросы:**

1. What can cause air pollution?
2. What does acid rain harm?
3. What do you call scientists who study the weather?
4. Is there a lot of trash in your town?
5. What do you think you should do to protect the environment?

**4. Разыграйте диалог:**

- Do you know what Greenpeace is?
- I have heard about it, but I am not sure I know what they do.
- It is a public organization against nuclear energy. I have seen a program on TV about them.
- Do you think they can help to control the use of nuclear power?
- I do not know. Nevertheless, they are very energetic. They dressed up as corpses, walked about the shopping area, and whispered to people that they should be careful because there might be a radioactive cloud over their heads on that day.
- It looks funny to me. Why did you watch that program? There was an important football match on television the same evening.

**5. Заполните пробелы:**

1. When we (pollute) the air, the climate (change).
2. Nature (damage) when people (throw) away plastic bottles.
3. Animals (hurt) when we (leave) litter in the forest.
4. When trees (break), birds (disturb).
5. When litter (throw) in the river, water pollution (cause).

**6. Ответьте в краткой форме:**

1. What environment groups/organizations do you know? (name at least three)
2. What was the first national park in the world?
3. What are the two aims of national parks?
4. What is the difference between a national park and a nature reserve?
5. What are the three R's?

**7. Прочтите и переведите текст:**

**OUR EARTH**

The Earth is the only planet in our solar system where there is life. If you look down at the Earth from a plane, you will see how wonderful our planet is. You will see blue rivers, lakes, seas and oceans. You will see high snowy mountains, green forests and fields.

There is more water on the Earth than land. Everything what is alive on the Earth needs water, air and the Sun. The nature around us is called environment. Since ancient times, man has tried to make his life easier. He invented machines and instruments, chemicals and atomic power. Today these inventions pollute the world we live in. In this world around us, there are two things that do not belong to any one country: air and ocean water. In both the air and the water, there is much pollution. People are concerned about the air and the water that are used by everyone, and they are concerned about the future of the Earth.

One of the most important pollution problems is the oceans. Many ships sail in the ocean water – fishing ships, some ships carrying people, some carrying oil. If a ship loses some of the oil in the water, or waste from the ships is put into the ocean, the water becomes dirty. Many sea birds die because of the polluted water.

Many kinds of fish die in the sea, others are contaminated. Fishermen catch contaminated fish, which may be sold in markets, and people may get sick if they eat it. Lakes and rivers are becoming polluted, too. Some beaches are dangerous for swimming.

The second important problem is air pollution. Cars and factories pollute the air we use. Their fume also destroys the ozone layer which protects the Earth from the dangerous light of the Sun. Aerosols create large “holes” in the ozone layer round the Earth. Burning coal and oil leads to global warming which may bring about a change in the world’s climate.

Another problem is that our forests are dying from acid rain. Deforestation, especially destruction of tropical forests, affects the balance of nature in many ways. It kills animals, changes the climate and ecosystem in the world. A person can do some damage to the environment but the greater part of pollution certainly comes from industry. Modern industry production is the main threat to nature. Today people are worried about the threat of nuclear power.

Chernobyl disaster of 1986 in the result of the explosion of a nuclear reactor has badly affected Russia. About 18 per cent of the soil in the country is unfit for farming, and many districts are dangerous to live in.

At present, there are different organizations and parties in Europe and America that actively work to protect the nature from the harm. They want to stop the damage that is done by man to the nature in the result of nuclear tests and throwing poisonous waste into the seas and rivers.

It is time we asked ourselves a question: What can I do to protect nature? If we want our children to live in the same world we live in, or in a better and healthier world, we must learn to protect the water, the air and the land from pollution.

#### **8. Ответьте на вопросы:**

1. What will you see if you look down at the Earth from a plane?
2. What does everything alive on the Earth need?
3. Why did man try to invent machines and instruments?
4. Where is there much pollution today?
5. What pollutes water in the seas?
6. What pollutes the air we use?
7. What is the main threat to nature?
8. How much land in Belarus is unfit for farming?
9. What do different organizations in Europe and America do?
10. Are nuclear power stations necessary?

#### **9. Закончите предложения:**

1. If you look down at the Earth from a plane, ... .
2. Everything what is alive on the Earth needs... .
3. People are concerned about... .
4. Many birds and fish die because... .
5. Polluted air destroys... .
6. Burning coal and oil leads to... .
7. Modern industry production is... .

8. Different organizations try to... .

**10. Правильно или неправильно:**

1. The area of land is the same as the area of water on our planet.
2. Technical progress pollutes nature.
3. People are concerned about the future of the Earth.
4. The most important pollution problem is the land.
5. The ozone layer protects the Earth from the Sun.
6. People know how to protect the air, the water and the land from pollution.
7. The greater part of pollution comes from cars.

**11. Работа с презентацией «Ecological problems».**

**12. Подведение итогов работы, оценивание.**

**Тема 2.6. Образование в России и за рубежом, среднее профессиональное образование.**

**Практическое занятие № 22. Образование в России.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

**Ход работы:**

**1. Прочтите и переведите текст:**

**EDUCATION IN RUSSIA**

Citizens of Russia have the right for education which is guaranteed by the Constitution. The public educational system in our country incorporates pre-school, general school, specialized secondary and higher education. Pre-school consists of kindergartens and creches. Children there learn reading, writing and arithmetic. But pre-school education isn't compulsory – children can get it at home. Compulsory education is for children from 6(7) to 17 years of age. The main link in the system of education is the general school which prepares the younger generation for life and work in modern production. There are various types of schools: general secondary schools, schools specializing in a certain subject, high schools, lyceums and so on. Tuition in most of them is free of charge, but some new types of schools are fee-paying. The term of study in a general secondary school is 11 years and consists of primary, middle and upper stages. At the middle stage of a secondary school the children learn the basic laws of nature and society at the lessons of history, algebra, literature, physics and many others. After the 9th form pupils have to sit for examinations. Also they have a choice between entering the 10th grade of a general secondary school and enrolling in a specialized secondary or vocational school. Persons who finish the general secondary school, receive a secondary education certificate, giving them the right to enter any higher educational establishment. Entrance examinations are held in July and August. Institutions are headed by rectors; the faculties are headed by the deans. One has to study in the institute for 5 years. Higher educational institutions train students in one or several specializations.

**2. Расскажите о системе образования в России.**

**3. Запомните слова и выражения, которые необходимо знать по данной теме:**

compulsory – обязательная

nursery school – детский сад

exam – экзамен  
subject – предмет  
university – университет  
private – частный  
opportunity – возможность  
to award – давать, присваивать  
bachelor – бакалавр  
master – магистр

**4. Прочтите и переведите текст:**

**5. Подведение итогов работы, оценивание.**

### **Практическое занятие № 23. Образование в США и Великобритании.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

#### **Ход работы:**

**1. Запомните слова и выражения, которые необходимо знать по данной теме:**

compulsory – обязательный  
to involve – включать  
schooling – обучение в школе  
to be divided into – делиться на  
trimester – триместр  
quarter – четверть  
respectively – соответственно  
to vary – варьироваться  
to consist of – состоять из  
elementary education – начальное образование  
secondary education – среднее образование  
higher education – высшее образование  
notion – понятие  
preschool education – дошкольное образование  
to get acquainted with — знакомиться с  
nursery school – детский сад  
to aim – быть нацеленным  
to acquire the experience of association – получить опыт общения  
grade – класс  
General History – всеобщая история  
sex and drug education – сексуальное образование и уроки, посвященные изучению социальной роли наркотиков  
skill – навык  
goal – цель  
curriculum – расписание, учебный план  
specific – конкретный, определённый  
Social Studies – обществознание  
opportunity – возможность

elective subject – предметы по выбору  
according to – в соответствии с  
guidance counselor – советник по профессиональной ориентации  
various – разнообразный  
freshman – новичок  
sophomore – студент второго курса колледжа или ученик 10-го класса средней школы  
junior – студент предпоследнего курса колледжа или ученик 11-го класса средней школы  
senior – студент последнего класса колледжа или ученик 12-го класса средней школы  
majority – большинство  
bachelor's degree – степень бакалавра  
master's degree – степень магистра  
to be engaged in – заниматься чем-либо  
research work – научно-исследовательская работа

## 2. Прочтите и переведите текст:

### EDUCATION IN THE USA

Education in the United States of America is compulsory for children from the age of 6 till 16 (or 18). It involves 12 years of schooling. A school year starts at the end of August or at the beginning of September and ends in late June or early July. The whole school year is divided into three terms/trimesters or four quarters. American students have winter, spring and summer holidays which last 2 or 3 weeks and 6 or 8 weeks, respectively. The length of the school year varies among the states as well as the day length. Students go to school 5 days a week.

The American education system consists of 3 basic components: elementary, secondary and higher education. There is also such a notion as preschool education. At the age of 4 or 5 children just get acquainted with the formal education in a nursery school. The preschool education programme aims to prepare children for elementary school through playing and help them to acquire the experience of association. It lasts for one year. Then they go to the first grade (or grade 1).

Elementary education starts when pupils are 6 years old. The programme of studies in the elementary school includes the following subjects: English, Arithmetic, Geography, History of the USA, Natural sciences, Physical Training, Singing, Drawing, wood or metal work. The education is mostly concentrated on the basic skills (speaking, reading, writing and arithmetic). Sometimes children also learn some foreign languages, general history and such new subjects as drug and sex education. The main goal of elementary education is the general intellectual, social and physical development of a pupil from 5 to 12 or 15 years old.

Secondary education begins when children move on to high or secondary school in the ninth grade, where they continue their studies until the twelfth grade. The secondary school curriculum is built around specific subjects rather than general skills. Although there is always a number of basic subjects in the curriculum: English, Mathematics, Science, Social Studies and Physical Education, the students have an opportunity to learn some elective subjects, which are not necessary for everybody. After the first two years of education they can select subjects according to their professional interests. The electives are to be connected with the students' future work or further education at university or college. Every high school has a special teacher – a guidance counselor who helps the students to choose these elective subjects. Moreover, he helps them with some social problems, too. The elective courses are different in various schools.

Members of each grade in high school have special names: students in the ninth grade are called freshmen, tenth graders are called sophomores, eleventh graders are juniors and as for twelfth graders, they are seniors.

After graduating from high schools the majority of the Americans go on studying at higher education establishments. In universities they have to study for four years to get a bachelor's degree. In order to get a master's degree they must study two years more and, besides, be engaged in a research work.

## ОБРАЗОВАНИЕ В США

Образование в Соединённых Штатах Америки обязательно для детей от 6 до 16 (или 18) лет. Оно подразумевает 12 лет учёбы в школе. Учебный год в Америке начинается в конце августа или в начале сентября, а заканчивается в конце июня или в начале июля. Учебный год состоит из трёх триместров или четырёх четвертей. Зимние, весенние и летние каникулы длятся 2-3 или 6-8 недель соответственно. Продолжительность учебного года и учебного дня варьируется в зависимости от штата. Дети учатся 5 дней в неделю и добираются до школы, как правило, на школьном автобусе.

Американская система образования состоит из трёх основообразующих компонентов: начального, среднего и высшего образования. Помимо этого, в Америке существует понятие дошкольного образования. В возрасте 4-5 лет дети только начинают знакомиться с образовательным процессом в детском саду. Цель программы дошкольного обучения – методом игры подготовить детей к начальной школе, помочь им получить опыт общения. Когда им исполняется 6 лет, они поступают в 1-й класс начальной школы.

Учебная программа начальной школы включает в себя следующие предметы: английский язык, арифметика, география, история США, природоведение, физкультура, пение, рисование, трудовое обучение. В основном акцент ставится на обучении базовым навыкам – разговорной речи, чтению, письму и арифметике. Иногда дети изучают какие-либо иностранные языки и всемирную историю, а также такие предметы, как сексуальное образование, и уроки, посвященные изучению социальной роли наркотических препаратов. Главная цель начального образования – всестороннее интеллектуальное, социальное и физическое развитие ребёнка в возрасте от 5 до 12 или 15 лет.

Среднее образование начинается, когда учащиеся переходят в старшую школу, в 9-й класс; затем они продолжают обучение до 12-го класса. Расписание средней школы больше нацелено на обучение конкретным предметам, нежели общим знаниям. И хотя в расписании всегда имеется набор базовых предметов – английский язык, математика, естествознание, обществознание и физкультура, – ребятам предоставляется возможность изучать предметы по выбору, которые не являются обязательными для всех учащихся. После первых двух лет обучения они выбирают предметы в соответствии со своими профессиональными интересами. Такие предметы должны быть связаны с будущей работой учащихся либо с последующим обучением в университете или колледже. В каждой средней школе есть специальный учитель – советник по профессиональной ориентации. Он помогает учащимся определиться с выбором предметов, а также даёт советы, относящиеся к области социальных проблем. Курсы предметов на выбор различаются в зависимости от школы.

Учащиеся каждого класса старшей школы имеют свои особые имена: девятиклассники называются новичками, десятиклассники – второкурсниками, одиннадцатиклассники – студентами предпоследнего курса, а двенадцатиклассники – выпускниками.

По окончании старшей школы подавляющее число американцев продолжают обучение в высших учебных заведениях. В университетах молодые люди должны проучиться 4 года и сдать 4 зачёта, чтобы получить степень бакалавра. Для получения степени магистра нужно учиться ещё 2 года и заниматься научно-исследовательской работой. После этого студент может сделать ещё ряд необходимых работ, которые дадут ему возможность стать доктором наук.

### 3. Ответьте на вопросы:

1. At what age do American students start and finish their compulsory education?
2. How are the school years called in the United States?
3. The length of the school year varies among the states, doesn't it?
4. What are the basic components of American education?
5. Do all children have to attend a nursery school?
6. When does elementary education start?
7. What is the main aim of elementary education?

8. The secondary school curriculum doesn't imply a number of basic subjects, does it?
9. What are elective subjects?
10. Who is a guidance counselor?

### **EDUCATION IN BRITAIN**

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

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

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

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

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

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#### **5. Ответьте на вопросы:**

1. When does compulsory school begin?
2. How long does a child stay in compulsory school?
3. What subjects do children learn in Primary School?
4. What kind of exam do students have to take when they are 16?
5. Do students have to leave school at the age of 16 or to continue their studies?
6. How do private schools differ from the regular ones?
7. How many universities are there in England?
8. What is the Open University?
9. What kinds of degrees do universities award?



**6. Расположите следующие утверждения под соответствующим заголовком: GB, Russia:**

1. Children ages 6-7/17 attend school
2. Pupils do not wear school uniforms
3. Pupils have a lunch at school free of charge
4. School discipline is not very strict
5. Summer vacations from June to August
6. Education is divided into 4 stages
7. Children ages 5-16/18 attend school
8. Pupils have to wear school uniforms to school
9. Pupils eat a hot lunch at school
10. Pupils have exams at the ages of 7, 11, 13 and 16
11. There are state and private schools in the country
12. School discipline is very strict.

**7. Подведение итогов работы, оценивание.**

**Тема 2.7. Культурные и национальные традиции, краеведение, обычаи и праздники.**

**Практическое занятие №24. Культура и традиции России.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

**Ход работы:**

**1. Прочтите и переведите текст:**

**HOLIDAYS IN RUSSIA**

There are many national holidays in Russia, when people all over the country do not work and have special celebrations. The main holidays are New Year's Day, Women's Day, May Day, Victory Day, and Independence Day.

The first holiday of the year is New Year's Day. People see the New Year in at midnight on the 31st of December. They greet the New Year with champagne and listen to the Kremlin chimes beating 12 o'clock. There are many New Year traditions in Russia. In every home there is a New Year tree glittering with coloured lights and decorations. Children always wait for Father Frost to come and give them a present. Many people consider New Year's Day to be a family holiday. Nevertheless, the young prefer to have New Year parties of their own.

A renewed holiday in our country is Christmas. It is celebrated on the 7th of January. It is a religious holiday and many people go to church services on that day.

On the 8th of March, we celebrate Women's Day when men are supposed to do everything about the house, cook all the meals and give women flowers.

The greatest national holiday in our country is Victory Day. On the 9th of May, 1945, our army completely defeated the German fascists and the Great Patriotic War ended. We will never forget our grandfathers and grandmothers who died to defend our Motherland. We honour their memory with a minute of silence and put flowers on the Tomb of the Unknown Soldier.



- b) Day of the Defender of Motherland c) New Year  
 8. ... is a day when people honour women by giving those flowers and presents.  
 a) Women's Day b) Labour Day c) Easter  
 9. ... is a holiday when people have parades and ceremonies to honour those who died in the Great Patriotic War.  
 a) Women's Day b) Victory Day c) May Day  
 10. ... is a holiday when people dress up in costumes of ghosts and witches and have fun.  
 a) Maslenitsa b) Easter c) Halloween
- 6. Подведение итогов работы, оценивание.**

## **Практическое занятие № 25. Праздники и обычаи в США и Великобритании.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

### **Ход работы:**

#### **HOLIDYAS IN THE US**

Federal holiday in the US is a day when workers have a paid day-off from their jobs. Some holidays are not federal holidays but are very popular holidays to celebrate.

#### **January**

The first day of January is New Year's Day. People in the US sometimes spend this day watching college football games and parades. On the third Monday in January, Americans celebrate Martin Luther King's birthday. Martin Luther King taught people to use peaceful demonstrations to change laws, instead of violence. Many laws were changed because of his work.

#### **February**

February 14th is Saint Valentine's Day. In the US, today people send cards called valentines, flowers, chocolates or small gifts to their friends. Presidents' Day (birthdays of George Washington and Abraham Lincoln) is celebrated on the 3rd Monday of February. Americans call George Washington "the father of the country". He was elected the first president. Abraham Lincoln was the 16th president. Lincoln gave Negro slaves freedom with the Emancipation Proclamation.

#### **March**

March 17th is St. Patrick's Day. This holiday comes from Ireland because St. Patrick was the Irish saint. Many people celebrate this holiday by wearing green clothes in honor of St. Patrick. Some people even drink green beer!

#### **April**

Easter is a Christian holiday that is celebrated on a Sunday between March 22nd and April 25th. Christians celebrate the resurrection of Jesus Christ. In the US, people attend religious services and family picnics.

#### **May**

Mother's Day on the second Sunday in May is a holiday to remember mothers with cards, flowers and presents.

#### **June**

Flag Day on June 14th is the anniversary of the adoption of the American flag in 1777. The third Sunday in June is Father's Day in the United States. This is a day when people remember their fathers with presents and cards.

### **July**

The Fourth of July is a very important holiday in the US. Americans celebrate the independence of the thirteen American colonies from Great Britain and signing of the Declaration of Independence on July 4, 1776. This holiday is the "birthday of the United States of America". Americans celebrate this day with fireworks and parades.

### **August**

In August there are no holidays to celebrate. Many families go on vacation or have picnics or go to the beach.

### **September**

Labor Day, celebrated on the first Monday in September honors all working people in the US and Canada.

### **October**

The 2nd Monday of October is Columbus Day, celebrating the historic trip of Christopher Columbus to the Americas in 1492. Columbus was Italian and this holiday is especially important to Italian-Americans.

October 31st is Halloween. Children in costumes go from house to house saying "trick or treat". The treat is usually a candy and tricks are rarely done. A symbol of Halloween is the jack-o-lantern, which is made of a pumpkin.

### **November**

Thanksgiving Day is the 4th Thursday in November. On this day Americans remember how the Indians helped the Pilgrims by teaching them how to farm and hunt. On this day, they give thanks for their food, their country, and their families.

### **December**

December 25th is Christmas. Many people decorate their houses with Christmas trees and lights and give presents to each other. Children hang stockings for Santa Claus to fill with gifts. As you can see the US is a country of many holidays!

#### **2. Ответьте на вопросы:**

1. What are the famous persons whose birthdays are celebrated in the U.S. Tell what they are famous for.
2. What are holidays in our country that are not celebrated in the U.S.?
3. What do all the holidays in December have in common in different countries?
4. Tell about holidays that we celebrate in Russia.
5. What is your favorite holiday in Russia?

#### **3. Прочтите и закончите предложения:**

1. The United States' birthday is on \_\_\_\_\_
2. February 14 is \_\_\_\_\_
3. People remember George Washington and Abraham Lincoln in \_\_\_\_\_
4. Martin Luther King fought \_\_\_\_\_ against black Americans.
5. The first Monday in September is \_\_\_\_\_
6. People wear ghost costumes on \_\_\_\_\_
7. Americans eat pumpkin pie on \_\_\_\_\_
8. Columbus called Native Americans Indians because he thought he was in \_\_\_\_\_
9. Americans observe a moment of silence on \_\_\_\_\_
10. The last Monday in May is \_\_\_\_\_

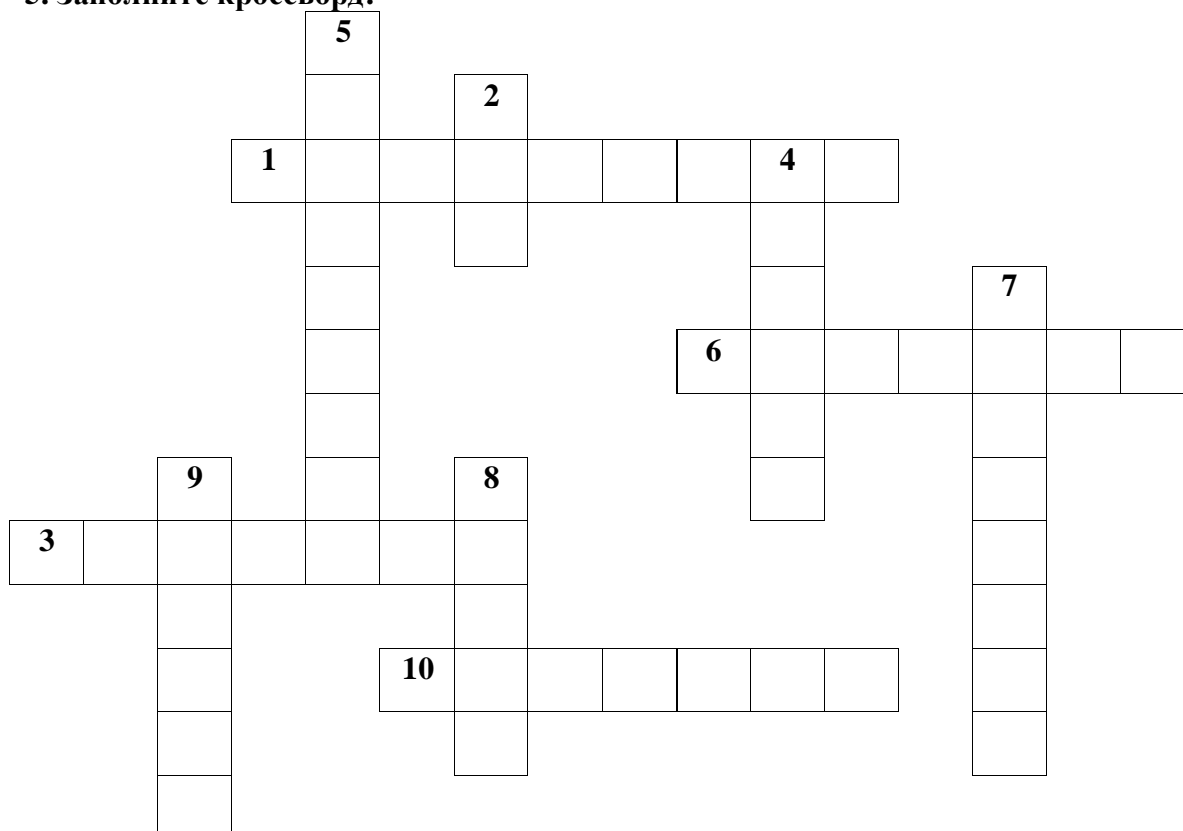
#### **4. Прочтите и переведите диалог:**

#### **CUSTOMS AND HOLIDAYS**

– I heard there are some interesting customs and holidays in Great Britain. I would like you to remind me of some of them.

- Why not tell you about Christmas. It is a wonderful holiday; I can tell you first, when is it celebrated? What is it taken up with?
- It is regularly celebrated on the 25th of December and it is taken up with the New Year coming.
- I guess it is not an ordinary holiday.
- Yes, you are quite right. Every Englishman is fussy about Christmas.
- You want to say that people lose their heads waiting for Christmas.
- That is it. Every family has a Christmas tree, prepares famous turkey and looks forward Boxing Day, it is on December 26. When everybody receives Christmas presents. Except this holiday there are some others in English speaking countries: Bonfire Night, May Day, Thanksgiving Day (in America) Independence Day etc. but as far as I am concerned Kazakhstan has also many customs and holidays? Can you tell me something?
- With pleasure. There are many of valued holidays in my country. One of them is certainly Nauriz.
- When did it come into existence?
- You see, it is a very ancient holiday. However, up to date we did not know much about it. Nevertheless, when our country received independence. Nauriz became one of the most well – known and favorite holidays in our Republic.
- When it is celebrated and what does it mean.
- It is celebrated on March 22 and means the spring coming.
- I am inclined to think, that there are some special preparations for it?
- You are quite right. The families get together, cook tasty national dishes, and organize different sport and music completions.
- What are the others customs and holidays. Are any of them?
- No doubt! They are Independence Day, The Day of Republic, interesting wedding customs, and others.
- Well, I see, our countries have many interesting events and to my mind. It is useful to exchange them.

**5. Заполните кроссворд:**



1. The main thing Englishman's house.
2. A popular English drink.
3. The most popular indoor activity in Britain.
4. For breakfast most people have ... .
5. The national flag of UK is called ... .
6. English people like to talk about it.
7. The most popular holiday in UK.
8. This word reminded that no fighting was allowed in the house.
9. Englishmen are very... .
10. A popular market in London.

**6. Заполните пробелы, используя слова из таблицы:**

<b>Britain</b>	<b>North Sea</b>	<b>Ben Nevis</b>	<b>constituent</b>
<b>Greenwich</b>	<b>Channel</b>	<b>units</b>	<b>part</b>

1. The United Kingdom is located between the Atlantic Ocean and the \_\_\_.
2. It is separated from the continent by the English \_\_\_, 34 km wide.
3. Its total area of 244,035 km<sup>2</sup> is shared by four \_\_\_ units.
4. The four constituent \_\_\_ are England, Wales, Scotland and Northern Ireland.
5. The distance from the southern coast to the \_\_\_ North of Scotland is less than 1000 km.
6. The widest \_\_\_ of Great Britain is less than 500 km.
7. The prime meridian of zero passes through the Old Observatory at \_\_\_, near London.
8. The highest point in the British Isles is \_\_\_ .

**7. Подведение итогов работы, оценивание.**

**Тема 2.8. Общественная жизнь (повседневное поведение, профессиональные навыки и умения).**

**Практическое занятие № 26. Магазины и покупки.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

**Ход работы:**

**1. Прочтите и переведите текст:**

**SHOPPING IN THE USA**

Americans go shopping in four main types of stores: supermarkets, grocery stores, convenience stores and delis.

Supermarkets are the largest. They often have a wide variety of dairy products, cereals, bread and baked goods, prepared, canned and frozen food, ice cream and desserts, paper products, film and much more. You can also develop film in supermarkets. Prices are usually marked on the packages or on signs near the goods. There are usually carts and baskets, so you can carry the goods, which you have chosen, around the store. Usually supermarkets have several cashiers. In general, they are open Monday to Friday from 9 am to 6 pm, and on Saturday from 10 a.m. to 4 pm. Some supermarkets are open on Sundays as well.

Grocery stores are smaller than supermarkets. As a rule, they carry most of the same types of products, but in smaller quantity and less variety. Prices are usually similar to those in the supermarkets. In general, grocery stores work the same hours as supermarkets.

Convenience stores are called this because of their hours of operation — usually from at least 7 am to 12 pm and sometimes round the clock. They usually carry a very limited selection of goods and brands.

Delis usually carry only cold cuts (sliced ham, turkey, salami, chicken, roast beef and cheese) to use in sandwiches, breads, beverages and condiments. Some delis also carry selections of prepared foods and other items.

## **2. Ответьте на вопросы:**

1. Do you like to go shopping?
2. How often do you go shopping?
3. Who do you often go shopping with?
4. When you buy something, do you "shop around" and go to many stores to compare prices?
5. When you buy something, what is most important to you: price, quality, fashion trend, status/image?
6. What store do you like best and what store do you like least?
7. Do you sometimes buy second-hand things?
8. Do you sometimes buy things that you do not need?
9. Do your parents give you pocket money?
  - a. How much?
  - b. What do you use it for?
  - c. How often do they give it to you?
10. How much did you spend yesterday?
11. What is the most expensive thing you have ever bought?
12. How much do you usually spend each month on food?
13. Have you ever found any money? If so, what did you do with it?
14. If someone gave you a million dollars, what would you do with it?
15. What is something that you want to buy, but do not have enough money to buy.

## **3. Составьте кроссворд по теме.**

## **4. Переведите письменно:**

In Great Britain people use pounds (£) and pence (p). The coins are 1 penny, 2 pence, 5 pence, 10 pence, 20 pence and 50 pence. There are also £1 and £2 coins. The coins are round. Nevertheless, two coins have seven sides. The little coin with seven sides is the 20-pence coin and the big: one with seven sides is the 50-pence coin. There is a portrait of the Queen of England on every coin. There are £5, £10, £20, and £50 banknotes.

In the USA, people use dollars and cents. American coins are sometimes called change. Each coin has its own name. A one-cent coin is called a penny. A 5-cent coin is called a nickel. A 10-cent coin is called a dime. A 25-cent coin is a quarter. There are 1, 2, 5, 10, 20, 50 and 100-dollar banknotes in the USA. You can see a portrait of an American president on one side and a picture of a famous building on the other.

## **5. Подведение итогов занятия, оценивание**

### **Практическое занятие № 27. Еда, прием пищи.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

**Ход работы:**

**1. Прочтите текст:**

**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, or they may prefer biscuits.

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. Englishmen often drink something at lunch. Water is usually on the table. Some prefer juice or lemonade.

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. Friends and visitors are often present at tea.

Dinner is the fourth meal of the day. The usual time is about 7 o'clock, and all the members of the family sit down together. 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. Then after a talk, they have black or white coffee.

This is the order of meals among English families. However, the greater part of the people in the towns, and nearly all country-people, has dinner in the middle of the day instead of lunch. They have tea a little later – between 5 and 6 o'clock, and then in the evening, before going to bed, they have supper.

Therefore, the four meals of the day are either breakfast, dinner, tea, supper; or breakfast, lunch, tea, dinner.

**2. Выполните тест:**

**Choose the wrong answer:**

- 1) English take four meals a day. 2) In England breakfast time is between 10 and 11. 3) Some people like to drink tea, but others prefer coffee. 4) The traditional British breakfast is porridge with milk and salt or sugar, eggs. 5) Tea is between 4 or 5 o'clock, the so-called 5 o'clock tea.

**Match the names of the Russian dishes with their descriptions:**

1. Pelmeni	a) Thin fruit jelly желе made from fruit or berry juice and potato flour.
2. Vinaigrette	b) Pudding is made of oats, rice, and buckwheat.
3. Shchi	c) Meat soup with fresh or sauerkraut квашенная cabbage.
4. Kasha	d) Small meat pies boiled in water.
5. Kissel	e) Russia salad; it is a mixture of vegetables, boiled and chopped.

**Choose the right translation of the Russian proverbs:**

**1. A spoon is dear when lunchtime is near.**

- a) Дорого яичко к Великому дню.  
b) Обед дорог, когда есть ложка.  
c) Дорога ложка к обеду.  
d) Завтраками сыт не будешь.

**2. One with a plough плуг, seven with a spoon.**

- a) Один с ложкой, а семеро – с поварёшкой.



b) Один с поварёшкой, а семеро – с ложкой.

c) Семеро одного не ждут.

d) Семь раз отмерь, один раз отрежь.

**3. A home is made by pies, not by walls.**

a) Дом украшают пироги, а не стены.

b) Дома и солома еда.

c) Изба красна не углами, а пирогами.

d) Первому гостю первое место и красная ложка.

**4. The first pancake is always a flop.**

a) Первый блин всегда комом.

b) Попытка не пытка.

c) Последняя капля переполняет чашу.

d) Слезами горю не поможешь.

**5. Every vegetable has its season.**

a) Каждый сезон имеет свой овощ.

b) Каждый купец свой товар хвалит.

c) Хрен редьки не слаще.

d) Всякому овощу своё время.

**4. Вставьте пропущенные буквы:**

Sup..er, afterno..n, sandwic..es, l..nch, s..up, me..t.

**5. Закончите предложения:**

1. In England breakfast ... nine.

2. Many English working ... in the daytime.

3. Some people ...

4. For dinner they ...

**6. Ответьте на вопросы:**

1. How many meals do English take a day?

2. What meal is the biggest in any English families?

3. Have any English their dinner late in the evening?

4. What do any English eat for dinner?

**7. Согласитесь с данными высказываниями или опровергните их:**

1. The English take four meals a day.

2. In England breakfast time is between nine and twelve.

3. Some English working class families eat dinner in the daytime.

4. Lunch is the biggest meal of the day in all English families.

5. People in England never eat sandwiches.

6. English people have soup for breakfast.

7. It's good to have a walk after supper.

8. The English proverb says, "After supper sleep a while, after dinner walk a mile".

**8. Подведение итогов занятия, оценивание.**

## **Практическое занятие № 28. Планирование времени.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

## Ход работы:

### **1. Прочтите переведите текст:**

#### **HOW I ORGANISE MY TIME**

It's of the vital importance for me to have a strict timetable and manage my time reasonably. So I have some methods of time budgeting and fitting all the things into my week.

Firstly, I don't rely on my memory alone. I always write a so-called 'to-do list' for each day, preferably the night before or the first thing in the morning. Then I decide on the best order to do things. I usually use numbers to signal which things on my list are the most urgent or important. And if there is a deadline, I always write the date of it. So I always try to finish the task by it.

I'd say that things don't always go according to the plan, that's why I allow myself to reconsider the numbers of things I'd hope to do originally. This allows me to do the plannings more realistically. Another thing is that if I'm really convinced that what I have to do is essential, it will be easier for me to say 'no' to things I'm not responsible for. The following thing is that I always remember that my energy level greatly depends on the time of the day. As for me, I'm a morning bird, so it's far easier to do important tasks in the morning. That's why I'm not too critical to myself in the evenings. And if I'm too bored or sick and tired of doing something, I try not to waste my precious time because perfection is an attainable anyway.

The next method is the following. If I can't fit all my activities into my timetable, I always try multitasking. I try to do the ironing while watching TV, study my test while having a meal or I just mentally run through the things I'm trying to learn while I'm taking a shower. When there's a job I really dread doing, I don't keep putting it off. I often make so-called 'holes' in it by breaking it into smaller tasks and set a time limit.

So this is how I budget my time. It isn't difficult at all if you don't aim at being perfect and allowing some time for mistakes. Don't procrastinate and you'll succeed.

### **2. Расскажите о том, как вы планируете свое время.**

### **3. Прочтите и переведите диалог:**

#### **WEEKEND PLANS**

- Helen, do you know our office is organizing a trip to the island? Are you coming?
- Oh, that sounds great! Is it this weekend?
- No, the next one. Do you have any plans for the next Saturday and Sunday?
- What a pity! It's not possible. I already have some big plans.
- That's sad. So you won't be coming then?
- I'm really sorry but it's my sister's anniversary. She will be hosting a big party. We are expecting a big family gathering next weekend: grandparents, uncles and aunts, cousins, nieces and nephews.
- I understand. Well, have much fun then!
- Thanks. I hope so. And how about you, Mark? Are you going to the island?
- Sure. Most of our staff is going. And we'll miss you there.
- I'm pleased to hear that. And do you have any special plans for this weekend? Are you going to spend it with your family?
- Right you are. The weather is nice, so I think I'll take the kids to the beach on Saturday. We'll go swimming, make sandcastles and play volleyball. And I'm going to take my wife out to dinner at a very nice Italian restaurant in the evening.
- How sweet of you. Have a great time there!
- Thank you. On Sunday I'll take my kids to the zoo and we're going to spend the afternoon at the fun fair.
- That's fantastic! I am afraid my weekend will be much quieter. I'll do some shopping first and probably catch a movie with my friends on Saturday night. As for Sunday... well, I'm going to play tennis in the morning and then I'll go out for a drink with my sister. So, you see - nothing special at all.
- Your plans sound awesome, Helen! Enjoy your weekend!

## ПЛАНЫ НА ВЫХОДНЫЕ

- Хелен, ты знаешь, что наш офис организует поездку на остров? Ты едешь?
- О, здорово звучит! В эти выходные?
- Нет, в следующие. У тебя есть какие-то планы на следующие субботу и воскресенье?
- Как жалко! Это невозможно. У меня уже большие планы.
- Печально. Значит, ты не поедешь?
- Очень сожалею, но у моей сестры годовщина. Она устраивает дома большую вечеринку. Мы ожидаем большую семейную встречу в следующие выходные: бабушка с дедушкой, дяди и тети, кузены, племянницы и племянники.
- Понимаю. Что ж, желаю вам хорошо повеселиться!
- Спасибо. Надеюсь на это. А что насчет тебя, Марк? Ты поедешь на остров?
- Конечно. Большая часть коллектива поедет. И нам будет тебя не хватать.
- Приятно это слышать. А на эти выходные у тебя есть какие-то особые планы? Собираешься провести их с семьей?
- Ты права. Погода хорошая, поэтому думаю, что возьму детей на пляж в субботу. Пойдем поплаваем, будем строить замки на песке и играть в волейбол. И я собираюсь пригласить свою жену на ужин в хороший итальянский ресторан вечером.
- Как мило с твоей стороны. Приятного вам отдыха!
- Спасибо. В воскресенье я возьму детей в зоопарк, а днем мы будем в парке аттракционов.
- Фантастика! Боюсь, что мои выходные будут гораздо спокойнее. Сначала я займусь покупками и, наверное, успею в кино с подругами в субботу вечером. А в воскресенье... ну, я собираюсь поиграть утром в теннис, а потом мы сходим куда-нибудь с сестрой посидеть за бокалом вина. Видишь – совсем ничего особенного.
- У тебя классные планы, Хелен! Наслаждайся выходными!

### 4. Составьте свой диалог о планах на выходные.

### 5. Подведение итогов занятия, оценивание.

## Тема 2.9. Научно-технический прогресс.

### Практическое занятие № 29. Изобретатели и изобретения.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

#### Ход работы:

#### 1. Прочтите и переведите текст:

##### INVENTORS AND THEIR INVENTIONS

1. Shrapnel – kind of an artillery shell. It is named in honor of Henry Shrapnel (1761-1842) – British Army officer.
2. Hugo Schmeisser – a famous German arms designer. He designed automatic rifle StG 44 during the Second World War.
3. Sandwich was named after John Montagu, Earl Sandwich (1718-1792).
4. The saxophone was designed in 1842 by the Belgian Adolphe Sax music master and patented it four years later.
5. "Rubik's Cube" was invented in 1974 by Hungarian sculptor and professor of architecture Erno Rubik.

6. Belgian brothers Émile and Leon Nagant developed Nagant revolver. Nagant revolver was used in many countries at the end of XIX – the middle of the XX century.
7. Mauser K96 – German pistol, designed in 1895. In Russia, Mauser became very popular. Fidel Mauser headed experimental arms factory "Mauser".
8. The American gunsmith Maxim developed Maxim machine gun in 1883. Maxim machine gun was widely used during the Anglo-Boer War, 1899-1902, World War I and World War II.
9. Oliver Winchester – American businessperson. In 1855, he bought firm Smith & Wesson and switched to production of weapons, mostly hunting, which is often called by his name.
10. Whatman paper – white paper. Distinguished by high resistance to abrasion. James Whatman paper manufacturer made it in the middle 1750s in England.
11. An American colonel, a hero of the Civil War Berdan, developed Berdan rifle.
12. Strass – imitation gemstone made of glass, from the name of the inventor, the jeweler Georg Strasse (1701-1773).
13. Walter – a pistol, called by the name of the manufacturer.
14. Browning – gun manufacturing company of the same name, the name of its founder, Belgian gunsmith John Moses Browning (1855-1926).

**2. Заполните таблицу:**

invention	inventor	profession
1. the ball-point pen		
2. Rolls-Royce car		
3. pasteurization		
4. waterproof raincoat		
5. the bowler hat		
6. the pistol with a barrel		
7. the diesel engine		
8. the counter of radioactivity		
9. the telegraphic alphabet		
10. alphabet and font for blind person		

**3. Подведение итогов занятия, оценивание.**

**Практическое занятие № 30. Освоение космоса.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

**Ход работы:**

**1. Прочтите и переведите текст:**

For thousands of years man dreamed of flying to the stars. On April 12 every year, the Russian people celebrate Cosmonautics Day in memory of the first space flight in the world, which was made by Russian citizen Yuri Gagarin.

Here are three main dates in the history of space exploration.

October 4 in 1957, the Soviet Union sent the first sputnik in the world into space. The Soviet spacecraft Luna-2 round the Moon in 1959. The same year Luna-3 photographed the far

side of the moon. April 12 in 1961 the soviet cosmonaut Yuri Gagarin went into space and makes one orbit round the Earth in his spaceship Vostok-1. Valentina Tereshkova was the first woman-cosmonaut to make a space flight. Aleksey Leonov walked in outer space 1965 "Voskhod-2".

On July 16, 1969 from Cape Canaveral launched the American ship "Apollo-11" with a crew of Neil Armstrong, Michael Collins and Edwin Aldrin. On July 21 in 1969, the American astronauts Armstrong and Aldrin land on the Moon. They remained on the lunar surface for 21 hours and 36 minutes. All time pilot Michael Collins was expecting them to lunar orbit in ship. Neil Armstrong became the first man to walk on the moon. The USA has spent 5 successful expeditions to the moon.

Since Yuri Gagarin's flight, Russian space science and engineering have come a long way. Russian has launched more than 2300 different space ships. Unmanned sputniks are used in the exploration of outer space. It is well known that Russian cosmonauts hold the record for the longest time in space (Sergei Krikalev – 803 days for the six flights).

Space travel – a dangerous and difficult profession. Since the beginning of the era of space, travel in space and in preparation for space flight on Earth killed 22 cosmonauts and astronauts. Their names are: Valentin Bondarenko (USSR) – a member of the first group of cosmonauts (died in the fire for 20 days before Gagarin's flight 1961), Vladimir Komarov (USSR) – "Soyuz-1" (crashed while returning to Earth due to failure of the parachute system 1967), George Dobrovolsky, Viktor Pachaev, Vladislav Volkov (all from the USSR) – "Soyuz-11" (killed while returning to Earth 1971) and others.

Voskhod 2 – Pavel Belyayev, commander and Alexei Leonov, pilot. They spent three days in the forest, until they were found in March 1965.

## **2. Переведите письменно:**

### **YURI ALEKSEYEVICH GAGARIN**

He was a Soviet pilot and cosmonaut. He was the first human to journey into space on 12 April 1961. Gagarin became an international celebrity. Yuri Gagarin was born in the village near Gzhatsk on 9 March 1934. His parents worked on a collective farm. His father was a carpenter. Yuri was the third of four children. In 1951, Gagarin graduated from a vocational school in Lyubertsy near Moscow. Yuri Gagarin attended an aero club. Gagarin learned to fly a light aircraft. Then he entered military flight training at the Orenburg Pilot's School. While there, he met Valentina Goryacheva, whom he married in 1957. They had two daughters. In 1960, Yuri Gagarin was chosen with 19 other pilots for the Soviet space program. On April 12, 1961, Yuri Gagarin flew into space and spent 108 minutes there. It was the first time in history that the Russian spaceship "Vostok" with the man on board was in space. After his flight, he visited many countries and saw millions of people. On 27 March 1968, while on a training flight from Chkalovsky Air Base, he and flight instructor Vladimir Seryogin were tragically killed in a test plane MiG-15 crash.

## **3. Подведение итогов занятия, оценивание.**

### **Тема 2.10. Отдых, каникулы, отпуск. Туризм.**

#### **Практическое занятие № 31. Путешествия.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

### Ход работы:

#### **1. Прочтите и переведите текст:**

#### **TRAVELLING**

Thousands of people spend their holidays travelling. They travel by trains, buses, their own cars and motorcycles. People travel to see other countries and continents. People travel spending their time visiting museums and art galleries, places of interest, looking at the shop windows and dining at fine restaurants.

They cruise the Volga, the Dnieper, the Angara, the Yenisei and the Black Sea. They hike in the forests of Siberia. They climb the famous peak of the Caucasian mountains – Elbrus. They enjoy the beauty of snow-covered mountains, sunny valleys and vast forests.

Many people travel in their own cars along the roads. Beautiful pine forests and silvery birches, picture-like rivers and numerous lakes attract lovers of nature. They travel not only to enjoy fine places, but also to see old monuments of sculpture and historical places of the country.

Hiking is becoming very popular. People like to spend their days off in the country. There are fine places near every town with forests, lakes and rivers. It is pleasant to spend a day-off.

Travelling by air has some pluses of course. It is convenient and much quicker than any other means of travelling. During the flight, the passengers do whatever they like. Some of them read, others sleep, looking, or talking. Sometimes they can see the land below. It looks like a topographical map.

Of course, the fastest way of travelling is by plane. However, many people travel by train. With a train, you have speed, comfort and pleasure combined. Travelling by train is of course slower than by air but it also has its pluses. Train is the cheap means of travelling. Modern trains have very comfortable seats in all passengers. During your way on the train, you can read newspapers, books, look out of the window, drink the tea, and talk with your neighbors or sleep. When you are in the train, you can see the beauty of nature.

Many people enjoy travelling by sea. Such a travelling is called voyage or cruise. The ship stops excursions. When on board the ship people spend a lot of time on the upper deck.

Most travelers take a camera with them and take pictures of everything that interests them – beautiful views of waterfalls, forests, unusual plants and animals. These photos will remind them of the happy time of holiday.

#### **2. Письменно перевести предложения:**

1. Thousands of people spend their holidays travelling.
2. They travel by trains, buses, cars and motorcycles.
3. People travel to other countries and continents.
4. People cruise the Volga, the Yenisei and the Black Sea.
5. They hike in the forests of Siberia.
6. Many people travel in their own cars.
7. People like to spend their days off in the country.
8. The fastest way of travelling is by plane.
9. Travelling by train is of course slower than by air but it also has its pluses.
10. Train is the cheap means of travelling.
11. When you are in the train, you can see the beauty of nature.
12. Many people enjoy travelling by sea.
13. Such a travelling is called voyage or cruise.

#### **3. Запишите и выучите слова:**

- |                        |                                |
|------------------------|--------------------------------|
| 1. airplane            | 8. railroad                    |
| 2. cruise              | 9. rest                        |
| 3. flight              | 10. spend                      |
| 4. hiking              | 11. through train              |
| 5. holidays            | 12. to travel by car or by bus |
| 6. long distance train | 13. travelling                 |
| 7. passenger train     | 14. travelling by car          |

15. travelling by sea

16. travelling by train

17. travelling on foot

18. vocations

#### **4. Прочтите и обсудите текст:**

### **BE A GOOD TOURIST**

Tourism has developed much in the 20th century. The truth is that tourists who go to faraway or tropical countries often do nature much harm. Now the travelers are told to not only watch wildlife around them but also try to protect nature at the same time. Special guides are trying to teach lovers of nature how to behave. In the past, many travelers tried to shoot animals. Today they can only watch them and take pictures of them. Facts show, however, that even this is not always good for the animal world. For example, the people of Kenya have agreed to turn their land into animal reserves. Now it appears that the leopards in the parks cannot have a good rest at night because tourists drive in their cars late at night. The hotels on the Pacific coasts throw such bright light at night that big green turtles that come out from the sea cannot lay their eggs. Tourist hotels are sometimes built in the jungle and the monkey's jumps from the trees to hotel roofs. Beautiful butterflies in the Mexican highland make homes in the trees. Crowds of tourists come to look after the butterflies and trample the ground under the trees. Tens of thousands of Europeans come every year to the Canary Island to watch whales. Their boats frighten the whales that dive so deep that they often drown. The government has decided to limit the number of boats with tourists. They also try to make people understand that we can have more by protecting nature than by using it carelessly.

#### **5. Подведение итогов работы, оценивание.**

### **Практическое занятие № 32. Виды транспорта.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

#### **Ход работы:**

#### **1. Прочтите текст о видах транспорта и способах путешествия и переведите:**

Travelling by train is slower than by plane, but it has its advantages. You can see much more interesting places of the country you are travelling through. Modern trains have very comfortable seats. There are sleeping cars and dining cars which makes even the longest journey enjoyable. Speed, comfort and safety are the main advantages of trains and planes. That is why many people prefer them to all other means.

Nowadays it is not as dangerous and much more convenient. Do you want to go somewhere? Hundreds of companies are there to help you. They will take care about your tickets and make all the reservations needed. You don't speak the language of the country you go to? There are interpreters that will help you. With modern services you can go around the world. You can choose the means of transport you like: plane, train, ship, bicycle or you can travel hiking.

Of course, travelling by air is the fastest and the most convenient way, but it is the most expensive too.

As for me, I prefer travelling by car. I think it's very convenient. You needn't reserve tour tickets. You needn't carry heavy suitcases. You can stop wherever you wish, and spend at any place as much time as you like.

Travelling by sea is very popular. Large ships and small river boats can visit foreign countries and different places of interest within their own country.

People began to travel ages ago. The very first travelers were explorers who went on trips to find wealth, fame or something else. Their journeys were very dangerous but still people keep on going to the unknown lands.

**2. Дайте название каждой части.**

**3. Дайте название всему тексту.**

**4. Назовите основные виды транспорта.**

**5. Прочтите следующие предложения, определите к какому виду транспорта относятся эти высказывания:**

1. Do you think it'll be a rough crossing?

2. Excuse me, I think those seats facing the front are ours.

3. We are going to Market Street. Could you tell us when it's our stop?

4. Can you take us to the airport?

5. Can I take these bags on with me?

6. That's all right. You can keep the change.

7. Excuse me, are we landing on time?

8. No, no! He said turn left at the light, not right!

9. How do I get to Oxford Circus?

car	bus	taxi	underground
train	plane	ferry	

**6. Вычеркните слово, не подходящее по смыслу в каждую группу:**

1. baggage, ticket, agency, station, hotel

2. taxi, car, plane, train, hiking

3. ranting, reserve, insurance, accommodation.

4. credit cards, tickets, exchange, money

**7. Прочтите диалог, который происходит в туристическом агентстве:**

**Travel agency:** Can I help you?

**Mr. Brown:** We'd like to arrange our holidays.

**Travel agency:** Have you got anything special in mind?

**Mr. Brown:** We are thinking of visiting Italy or Spain.

**Travel agency:** I think I've got a very attractive offer for you. It's Spain, in Costa Brava, in a hotel near the sea. You get seven nights full board for \$170.

**Mr. Brown:** That sounds very reasonable, but isn't it a crowded place in summer?

**Travel agency:** This hotel is in a small village and there aren't many tourists.

**Mr. Brown:** That's wonderful. How long does it take to get there?

**Travel agency:** It depends on the way you travel. You can go there by plane and then the flight only takes two hours. But it's cheaper to travel by coach, and then it takes eight hours. It is also possible to go by train: it's not as expensive as the plane and the journey is shorter than by coach.

**Mr. Brown:** I like going by train, it's the safest way of travelling. But do we have to change?

**Travel agency:** No, it's a through train, nonstop all the way.

**Mr. Brown:** What about the insurance?

**Travel agency:** It included in the price.

**Mr. Brown:** Darling, this trip is wonderful. Let's book the tickets in advance.

**8. Ответьте на вопросы:**

1. What are Mr. and Mrs. Brown want to visit?

2. Do they want crowded hotel or not?

3. What kind of transportation do they prefer?

**9. Подведение итогов работы, оценивание.**

## **Тема 2.11. Искусство и развлечения.**

### **Практическое занятие № 33. Театр.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.



**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

### Ход работы:

#### 1. Прочтите и переведите текст:

#### THE THEATRE

1) People live a very busy life nowadays, so they have little time to spare. 2) Still they try their best to make use of those rare hours of leisure. 3) Some people find it a pleasure to go to the theatre. 4) The theatre is one of the most ancient kinds of arts. 5) For centuries people have come to the theatre for different aims: to relax, to be amused and entertained, to have a good laugh, to enjoy the acting of their favourite actors and actresses. 6) Some people like drama; others are fond of musical comedy. 7) The subtlest theatre-lovers prefer ballet and opera. 8) In our country there are many theatres: big and small, new and old, famous and not very well known. 9) The Bolshoi Theatre in Moscow is among the most famous theatres in the world. 10) Wonderful operas and ballets are staged in this theatre. 11) The names of Ulanova, Plisetskaya, Maximova, Vasiliev, Arkhipova, Sotkilava and others are known worldwide. 12) The other most popular Moscow theatres are the Maly Theatre, the Satire Theatre, the Vachtangov Theatre, the Variety Theatre and others. 13) Young spectators attend the Children's Musical Theatre and the Puppet Theatre more willingly. 14) All these and many other theatres present a great variety of shows. 15) That makes a spectator feel somewhat at a loss what theatre to choose. 16) In this case it may turn out useful to consult a billboard and find out what and where is on. 17) Sometimes you may face a difficulty of another kind: that is of getting tickets. 18) If you do not feel like standing in a queue for tickets at the box-office, you may book them beforehand. 19) Ticket prices vary according to the seats. 20) The better seats at the theatre are in the stalls and in the dress circle. 21) They are rather expensive seats. 22) Boxes, of course, are the best seats and the most expensive, too. 23) Those people, who are short of money, take seats in the gallery, in the balcony or in the upper balcony. 24) Tickets for afternoon performances are cheaper than those for evening performances.

#### 2. Прочтите диалог в парах:

– Are you a frequent theatergoer?

– I cannot say I am. Still I try not to miss an opportunity to see the plays that are spoken of and are worth seeing.

– When did you visit the theatre first?

– It was some years ago. My mother took me to a morning performance of the ballet "The Sleeping Beauty".

– What were your impressions?

– It was great! The acting, the costumes, the music of the ballet was superb! The performance was a great success with the public.

– Have you ever been to the Bolshoi Theatre?

– Unfortunately, I have not. However, my mother happened to be there. She listened to the opera "The Queen of Spades" there. I cannot tell you what a treat it was for her.

#### 3. Составьте глоссарий по теме:

a theatre	театр
a busy life	занятая жизнь
to have little time to spare	иметь мало свободного времени
to try one's best	стараться изо всех сил

to make use	использовать
rare	редкий
leisure	досуг
to go to the theatre	ходить в театр
an ancient kind of arts	древний вид искусств
to relax	расслабляться, отдыхать
to amuse	веселиться
to entertain	развлекаться
to have a good laugh	смеяться
to enjoy the acting	наслаждаться игрой
an actor	актер
an actress	актриса
a drama	драма
a musical comedy	музыкальная комедия
to be fond of	интересоваться, увлекаться
subtle	утонченный
a theatre-lover	театрал
ballet	балет
opera	опера
the Bolshoi Theatre	Большой театр
to be staged	быть поставленным на сцене
Ulanova	Уланова
Plisetskaya	Плисецкая
Maximova	Максимова
Vasiliev	Васильев
Arhipova	Архипова
Sotkilava	Соткилава
the Maly Theatre	Малый театр
the Satire Theatre	Театр сатиры
the Vachtangov Theatre	Театр им. Вахтангова
the Variety Theatre	Театр эстрады
a spectator	зритель
to attend	посещать
the Children's Musical Theatre	Детский музыкальный театр
the Puppet Theatre	Кукольный театр
willingly	охотно
to feel somewhat at a loss	быть в растерянности
to turn out	выясняться, оказываться
to consult	советоваться
a billboard	афиша
to find out	выяснять, узнавать
to face a difficulty	столкнуться с трудностью
to get a ticket	купить билет
to stand in a queue	стоять в очереди
a box-office	театральная/ билетная касса
to book beforehand	заказывать заранее
to vary	варьироваться
a seat	место (в театре)
in the stalls	в партере
in the dress circle	в бельэтаже
rather expensive	довольно дорогой

a box	ложа
to be short of money	иметь недостаточно средств
in the gallery	на галерке
in the balcony	на балконе
in the upper balcony	на верхнем балконе
an afternoon performance	дневное представление (спектакль)
an evening performance	вечернее представление

#### 4. Письменно переведите текст:

##### MOSCOW THEATRES

For decades, Moscow has had a reputation as a city of theatres. The birth plays of the historic "Bolshoi", "Mali" and "Moscow Art" theatres the city has been and still is a centre for the development exploratory modern ideas in the dramatic art and is famous for its great number of highly gifted, interesting directors, actors, playwrights and artists.

Every evening the doors of Moscow theatres open to streams of theatergoers. The best Moscow theatres devoted themselves to developing the principals of directing and acting lay down by Stanislavsky, Meerhold, Nemerovich-Danchenko, Vachtangov and others. The discoveries and successes of Moscow theatres today exist due to experience and triumphs of preceding generations.

I would like to tell you about the Bolshoi Theatre. The majestic building of the Bolshoi Theatre stands in Theatre Square in Moscow's central quarter, not far from Kremlin. This is the leading Russian opera house with the best vocalists and choreographers in its company.

The Bolshoi traces its history to 1776 when a standing opera company was organized in Moscow. The first opera shown in Bolshoi theatre was opera "life of tsar" (now "Ivan Susanin"). Later operas by Dargomyzhsky, Serov, Tchaikovsky, Borodin, Mussorgsky, Rimsky-Korsakov and Rubinstein were produced here.

At the same time, the Bolshoi Company staged the best operas and ballets by West European composers-Mozart, Rossini, Weber, Verdi and others. The Bolshoi ballet company enjoys well-deserved fame as the worlds finest. This is equally true of its brilliant realistic style of performance and repertoire.

#### 5. Подведение итогов работы, оценивание.

### Практическое занятие № 34. Кино.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

**Ход работы:**

#### 1. Прочтите и переведите текст:

##### CINEMA

In England, the cinema is usually called “the pictures”. In America, the word “the movies” is often used. Cinema going is a favourite pastime in Britain. People go to the cinema once or twice a week. Cinema going is more popular in industrial towns in the North of England and Scotland than in the South. However, especially if it is cold and wet outside, many people like to stay at home to watch TV.



- |                                       |                      |                |
|---------------------------------------|----------------------|----------------|
| a) painter                            | b) actress           | c) actor       |
| 7. Who is the ... of the film?        |                      |                |
| a) producer                           | b) illustrator       | c) artist      |
| 8. Walt Disney is famous for his .... |                      |                |
| a) entertainment films                | b) animated cartoons | c) fairy tales |
| 9. We buy tickets at the ....         |                      |                |
| a) bill                               | b) row               | c) box-office  |
| 10. We sat in the third ....          |                      |                |
| a) row                                | b) bill              | c) box-office  |
- 6. Подведение итогов работы, оценивание.**

## **Тема 2.12. Государственное устройство, правовые институты. Практическое занятие №35. Политическое устройство РФ.**

**Цель работы:** формирование лексических навыков.

**Оборудование:** карта Российской Федерации, раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

**Ход работы:**

**1. Ответьте на вопросы. Проверка теоретической подготовленности по теме:**

1. When was the new Constitution of the Russian Federation adopted?
2. What is the Russian Federation State system according to the Constitution?
3. For how long is the President elected?
4. What is the structure of the Federal Government?
5. Is the legislative power represented by the Federal Assembly?
6. What chambers does the Federal Assembly consist of?
7. Whom does the executive power belong to?
8. Who is the head of the Government?
9. What is the judicial branch of power represented by?
10. Can you depict the State symbol of Russia?
11. What is the hymn of Russia?
12. What is the National Emblem of Russia?

**2. Прочтите и переведите текст:**

### **THE STATE POWER SYSTEM IN THE RUSSIAN FEDERATION**

In 1992 – shortly after the Soviet Union broke up – Russia established a transitional (temporary) government headed by Boris N. Yeltsin. Yeltsin had been elected president of the RSFSR in 1991. After the break-up of the Soviet Union, Yeltsin continued to serve as president of Russia. In December 1993, Russia adopted a new constitution that established a permanent government.

Russia is a democratic federative state based on rule of law and a republican form of government. State power in Russia is exercised by the President, the Federal Assembly, the Government and the courts.

One of the basic principles of constitutional government is the division of powers. In accordance with this principle, power must not be concentrated in the hands of one person or one institution, but must be divided among the legislative, executive and judicial branches of power.

The division of powers requires that there be a clear delineation of responsibilities and a system of checks and balances so that each branch of power can offset the others.

The President is at the summit of the system of state power. He ensures that all the state institutions are able to carry out their responsibilities and keeps watching over them to ensure that no institution can encroach on another's prerogatives, attempt to usurp power in the country or take over another's powers.

The president of Russia is the government chief executive, head of state, and most powerful official. The president is elected by the people to serve a four-year term. The president, with the approval of the lower house of parliament, appoints a prime minister to serve as head of government. The prime minister is the top-ranking official of a Council of Ministers (cabinet). The council carries out the operations of the government.

Each institution of state power is only partially responsible for enforcing the Constitution. Only the President has the responsibility of safeguarding the state system, the state's sovereignty and integrity overall. This is the guarantee that the other state institutions and officials can exercise their powers in a normal constitutional fashion.

The President's place in the state power system is tied to his constitutional prerogatives regarding, above all, the executive branch of power. Legally, the President is distanced from all the branches of power, but he nonetheless remains closer to the executive branch. This closeness is reflected in the specific constitutional powers the President exercises as head of state.

The origins of this constitutional situation lie in the particularities of the way the government is formed in Russia. The Constitution does not link the process of forming a government to the distribution of seats in parliament among the different political parties and fractions. In other words» the party with the majority in parliament could form the government, but the government does not have to be formed according to this principle. Both approaches would be in keeping with the Constitution. However, a situation where the government makeup does not reflect the parliamentary majority can be a source of problems for many aspects of the executive branch's work, especially law making. Such problems could reduce the effectiveness of the executive branch's work and make it unable to resolve pressing tasks.

In order to overcome such a situation, the Constitution gives the President a number of powers that he can use on, an ongoing basis to influence the government's work. These powers include approving the structure of the federal executive bodies of power, appointing deputy prime ministers and ministers, the right to preside government meetings, exercise control over the lawfulness of the government's action, and direct subordination of the security ministries to the President. The President has the right to dismiss the government or to accept the Prime Ministers resignation, which automatically entails the resignation of the government as a whole.

The President works with two consultative bodies – the Security Council and the State Council. The President chairs these two councils. The system of Presidential power includes the Presidential Plenipotentiary Envoys in the Federal Districts.

### **3. Переведите на английский язык предложения:**

1. Общая площадь Российской Федерации составляет более 17 миллионов километров.
2. В мире вряд ли есть еще одна страна с такой разнообразной флорой и фауной.
3. Озеро Байкал – самое глубокое озеро на земном шаре и служит предметом гордости россиян.
4. На территории Российской Федерации существует 9 часовых поясов.
5. Россия является конституционной республикой с президентской формой правления.
6. Законодательная власть принадлежит Федеральному Собранию, состоящему из двух палат.
7. В Российском парламенте представлены такие партии, как Единая Россия, КПРФ, Справедливая Россия, ЛДПР.
8. Законодательная и судебная власти прямо не подчиняются Президенту.

### **4. Просмотр презентации «Russia is my country».**

### **5. Подведение итогов работы, оценивание.**

## Практическое занятие №36. Политическая система Англии.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

### Ход работы:

#### 1. Прочтите и переведите текст:

##### **POLITICAL SYSTEM OF GREAT BRITAIN**

Great Britain is a parliamentary monarchy. There are two heads in the country. One is the Queen, and the other is the Parliament. Almost all the power belongs to the Parliament, as the Queen is only a formal ruler of the country. In other words, Queen Elizabeth II is the head of the state but the Parliament has the supreme authority. An interesting fact is that Great Britain does not have any written constitution, but has only a set of laws made by the Parliament. Official residence of the Queen is Buckingham Palace, in London. However, she has also some other residences in Britain. The Parliament has two chambers: the House of Lords and the House of commons. The most important and powerful one is the House of Commons, which contains of 650 members. There are also a number of important political parties in Britain, such as the Conservative Party, the Labor Party, the Liberal Party, the Social Democratic Party and others. Each political party has its leader, who takes part in elections. The one who wins becomes an MP (Member of Parliament). The party that holds the majority of seats in the Parliament usually forms the Government, with the Prime Minister at the head. The House of Lords consists of nearly 1200 peers. The head of the House of Lords is the Lord Chancellor. This House has no real power. The interesting fact about the House of Lords is that it is a hereditary chamber.

The system of political parties in the UK appeared in the 17th century. At first, there were two parties. Tory (the party that supported the King) and Whigs (who supported the Parliament). The word "Tory" means "an Irish robber». A "Whig" was a Scottish preacher who could preach moralizing sermons for several hours.

Now the main British political parties are the Conservative Party the Labor Party the Party of Liberal Democrats. Since 1945, two political parties constantly represent the British Government: Conservative (who are called "Tory" by their opponents) and Labor (called "Whigs").

In 1988, the Liberal Party made an alliance with Social Democrats and the Party of Liberal Democrats was formed.

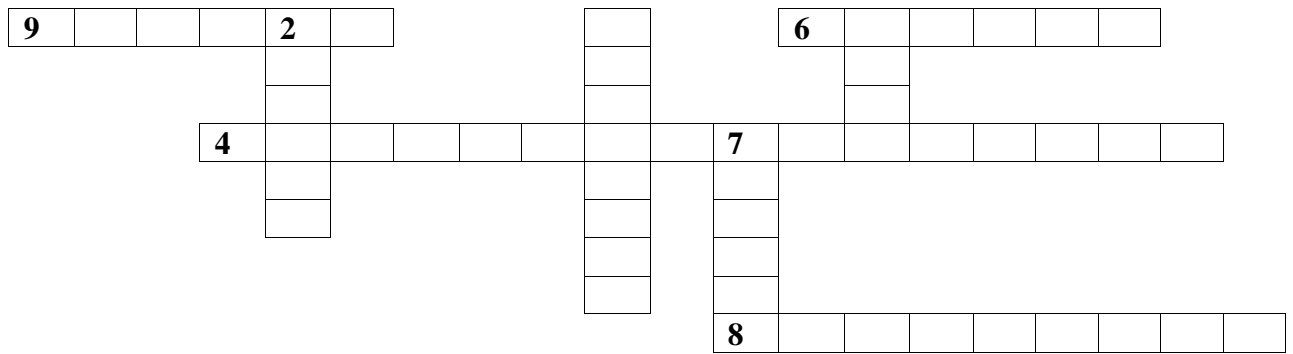
#### 2. Ответьте на вопросы:

1. What form of Government is there in Britain?
2. What are the organs of the British Government?
3. What elements does the British Parliament consist of?
4. What is the legislature?
5. What does the executive consists of?
6. Where does the Government derive its authority?
7. How often must a general election be held?
8. Who becomes leader of the Opposition?
9. Is the British Constitution peculiar?

#### 3. Заполните кроссворд:

3			1		

5



1. This Palace is the London home of the Queen.
2. There is the London Zoo in this park.
3. It is one of the famous clocks in the world.
4. It is a Royal Church.
5. It was a fortress, a Royal palace, and it is a museum now.
6. This garden is a tourist shopping centre.
7. The widest river in Great Britain.
8. The modern centre of London.
9. The longest river in Great Britain.

**4. ВЫПОЛНИТЕ ТЕСТ:**

1. Put the countries in the order according to their territory, from the smallest to the biggest.

- |             |                     |
|-------------|---------------------|
| a) Scotland | c) England          |
| b) Wales    | d) Northern Ireland |

2. Match the country and its capital.

- |                     |              |
|---------------------|--------------|
| 1) England          | a) Cardiff   |
| 2) Scotland         | b) Edinburgh |
| 3) Wales            | c) London    |
| 4) Northern Ireland | d) Belfast   |

3. Match the country and its symbol.

- |                     |               |
|---------------------|---------------|
| 1) England          | a) a shamrock |
| 2) Scotland         | b) a daffodil |
| 3) Wales            | c) a rose     |
| 4) Northern Ireland | d) a thistle  |

4. Which country has the biggest population?

- |            |                     |
|------------|---------------------|
| a) England | c) Northern Ireland |
| b) Wales   | d) Scotland         |

5. Where is the home of the British queen?

- |                        |                      |
|------------------------|----------------------|
| a) The Tower of London | c) Buckingham Palace |
| b) Westminster Abbey   |                      |

6. What is the national musical instrument in Scotland?

- |                 |               |
|-----------------|---------------|
| a) the violin   | c) the guitar |
| b) the bagpipes |               |

7. Where is the lake Loch Ness situated?

- |             |          |
|-------------|----------|
| a) Scotland | c) Wales |
| b) England  |          |

8. What is Eisteddfod?

- |  |                           |
|--|---------------------------|
| a) a musicians and writers competition | c) a culinary competition |
| b) a sports competition                |                           |

9. Say where in York you can:

- |  |  |
|--|--|
| 1) see the famous colored glass windows        | 4) find out about the trains of the future |
| 2) find out (узнать) about the history of York | 5) go on a ghost walk at night             |
| 3) see Viking ice-skates                       | a) the York city walls                     |
|  | b) York Cathedral                          |



c) the National Railway Museum

d) the Jorvik Viking Centre

10. Say where in Bath you can:

1) see the first stamp in the world

a) the Roman Baths

2) buy a book on the history of fashion

3) enjoy tea with a famous bun

4) go on a river trip

5) drink water from the spring

11. Say true or false.

1) 350 million people speak English worldwide.

2) Big Ben is the name of the big bell in the clock tower of the Houses of Parliament.

3) There is a museum about Sherlock Holmes in York.

4) 5 million people live in Scotland.

5) Belfast in Northern Ireland is the oldest capital in the world.

6) Queen Elizabeth II son, Charles, is Prince of Scotland.

**5. Подведение итогов работы, оценивание.**

e) Clifford's Tower

f) Yorkshire Museum

b) Sally Lunn's House

c) the Bath Boating Station

d) the Museum of Costume

e) Bath Postal Museum

f) Victoria Park

### **Практическое занятие № 37. Политический строй США.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** раздаточный материал, видеопроектор, учебники, словари.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 2 часа.

#### **Ход работы:**

**1. Прочтите и переведите текст:**

#### **POLITICAL SYSTEM OF THE USA**

The United States of America is a federal republic consisting of 50 states. Each state has its own government (state government). The capital of the USA is Washington. It stands on the Potomac river in the eastern part of the country.

The federal power is located in Washington, D.C. It is based on legislative, executive and juridical branches of power.

The legislative power belongs to Congress, which consists of two houses: the Senate and the House of Representatives. There are 435 members in the House of Representatives and 100 senators in Congress. Each state elects two members for the Senate. Election day is always in the month of November, on the first Tuesday after the first Monday.

The executive branch is headed by the President. The President is a commander-in-chief of the Armed Forces. The President can veto a bill. The president must be a native-born citizen at least 35 years old. The Vice - President, elected from the same political party as the President, acts as chairman of the Senate, and in the event of the death of the President, assumes становится the Presidency. The President of the USA is chosen in nationwide elections every 4 years together with the Vice-President. The President can not be elected for more than two terms. The Cabinet is made up of Department Secretaries. The most important of them is the Secretary of State, who deals with foreign affairs.

The judicial branch is made up of Federal District Courts, 11 Federal Courts and the Supreme Court. Federal judges are appointed by the President for life.

In the USA there are two main political parties, the Democratic Party and the Republican Party. The Democratic Party is the oldest of the two. Its history began back in the 1820s. The Republican Party was organized in the 1850s. The present constitution was proclaimed in 1787 in Philadelphia.

**2. Ответьте на вопросы:**

1. What is the capital of the USA?
2. What is the population of the USA?
3. How many states are there in the USA?
4. What two oceans is the USA washed by?
5. What color is the American flag?
6. How do people call the American flag?
7. What is the motto of the USA?
8. What is the symbol of the USA?
9. Why America is called a “melting pot”?
10. Who is the heard of the USA?

**3. Выполните тест:**

1. Christopher Columbus discovered America in ...
 

a) 1492	b) 1402	c) 1442
---------	---------	---------
2. Who lived in America before Columbus came?
 

a) Americans	b) Pilgrims	c) Indians
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3. When did Europeans first arrive in America?
 

a) 1720	b) 1620	c) 1670
---------	---------	---------
4. The first colonists started the tradition of ...
 

a) Thanksgiving Day	b) Halloween	c) Independence Day
---------------------	--------------	---------------------
5. When did America become independent?
 

a) 1776	b) 1676	c) 1767
---------	---------	---------
6. When is Independence Day?
 

a) 24 July	b) 4 July	c) 4 June
------------	-----------	-----------
6. The first president of the USA was...
 

a) Abraham Lincoln	b) Jeffrey Jefferson	c) George Washington
--------------------	----------------------	----------------------
7. Which American state is situated 50 miles from Russia?
 

a) Alabama	b) Alaska	c) Arizona
------------	-----------	------------
8. The largest state in the USA is ...
 

a) Alaska	b) Texas	c) California
-----------	----------	---------------
9. Which river did Native Americans call “the father of waters”?
 

a) the Mississippi	b) the Colorado	c) the Missouri
--------------------	-----------------	-----------------
10. Which state of the USA is situated in the Pacific Ocean?
 

a) Idaho	b) Hawaii	c) Montana
----------	-----------	------------
11. The USA is a ... republic.
 

a) Federal	b) Constitutional	c) Presidential
------------	-------------------	-----------------
12. The US President’s term is ...
 

a) 4 years	b) 5 years	c) 6 years
------------	------------	------------
14. The US Government has ... braches.
 

a) three	b) four	c) five
----------	---------	---------
15. Congress is made up of
 

a) the House of Representatives and the House of Commons	b) the House of Lords and the House of Commons	c) the House of Representatives and the Senate
--	--	--
16. What is the favorite sport in the USA?
 

a) baseball	b) cricket	c) rugby
-------------	------------	----------

**4. Дайте правильный ответ:**

- a) Philadelphia

- b) New York
- c) Chicago
- d) Washington, DC
- e) Los Angeles
- f) Boston

1. It is one of the main cities of the USA. It was the first capital of America from 1790 until 1800. The USA constitution the first written constitution in the world was adopted in this city in 1787.
2. This city is situated on the left bank of the Potomac River. It is one of the most beautiful and unusual cities in the USA. It has little industry. There are no skyscrapers. It was named after the first American President.
3. It is the largest city in the United States. It is situated at the mouth of the Hudson River. It is the world leader in finance, the arts and communications. There are many skyscrapers of fifty and more stores in it.
4. It is one of the oldest cities. It was founded in 1630. There are three universities in this city. The oldest university in the USA, Harvard University, was founded in 1636.
5. It is the second largest city in the USA after New York City. It is situated in Southern California. This city is known as a center of the American entertainment industry.

#### 5. Подведение итогов работы, оценивание.

### Тема 3.1 Внешность. Черты лица, фигура. Черты характера. Практические занятия № 38 – 39. Внешность. Черты лица, фигура, характер.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** тетрадь, письменные принадлежности, словарь.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 6 часов.

**Ход работы:**

**1. Запомните произношение и значение следующих слов и словосочетаний (активная лексика):**

**body build – телосложение**

figure – фигура

slim – стройная

little, small – маленькая

thin – худая

tall – высокий

short – низкого роста

**face – лицо**

oval – овальное

round – круглое

square – квадратными

freckles – веснушки

wrinkles – морщины

ruddy – румяное

**hair – волосы**

fat – тучный, толстый

large, big – большая

stooping – сутулая

beautiful – красивая (о женщине)

handsome – красивый (о мужчине)

pale – бледное

pretty, nice – приятное, симпатичное

plain – некрасивое

ugly – уродливое

horrible – ужасное

thin – худое

black – черные	short – короткие
red – рыжие	shoulder-length – до плечей
grey – седые	bald – лысый, с лысиной
blond(e) – блондин(ка)	straight – прямые
fair – белокурые	curly – кудрявые, вьющиеся
brown – шатен	rich, thick – густые волосы
brunette – брюнет	thin – редкие
long – длинные	
<b>nose – нос</b>	
straight – прямой	aquiline – орлиный
snub – курносый	flat – приплюснутый
<b>eyes – глаза</b>	
narrow – узкими	green – зеленые
big – большие	blue – голубые
brown – карие	dark – черные
<b>lips – губы</b>	
thin – тонкими	thick – толстые
<b>chin – подбородок</b>	
dimpled – с ямочкой (подбородок)	square – квадратный
flat – плоский	protruded – выступающий
pointed – острый	
<b>forehead – лоб</b>	
high – высокий	low – низкий
open – открытый	broad – широкий
narrow – узкий	
<b>skin – кожа</b>	
cream-white – белоснежная	sluggish – дряблой
sunburnt / tanned - загорелая	
<b>features of character – черты характера</b>	
clever – умный	cruel – злой
bright – сообразительный	polite – вежливый
talented – талантливый	rude – грубый
stupid / foolish – глупый	reliable – надежный
optimistic – оптимист	kind – добрый
pessimistic – пессимист	amiable – любезный
nervous – нервный	considerate – внимательный
weak – слабый	shy – застенчивый
strong – сильный	jolly – весёлый
gregarious – общительный	serious – серьёзные

## 2. Прочтите и переведите текст:

First of all I want to tell you that my best friend's name is Irina and she is 15. She is the best person I have ever met.

A few words about her appearance. Her height is nearly 149 cm. But she'd like to be a bit taller. Well, she is not slim but she is not fat either.

Irina has a round face as everyone has, a bit long nose and big cheerful grey eyes. Her skin is a bit pale but she likes this fact, she doesn't like ruddy faces. She has no freckles as my friend Nina has. Her forehead is open. I think Irina has a charming smile.

Her hair isn't very short but it's not long either. It is straight and black. Irina has rich hair. I think that she looks like her father.

Irina is very active and creative, cheerful and curious. But the best thing is that she is reliable. We spend much time together. We go for a walk, we play tennis, watch TV, do things which we like.

I love my friend.

### 3. Прочтите и переведите текст:

As you know, people from different countries do not look the same. For example, people from countries such as Denmark, Norway and Sweden are usually tall. They have fair hair, blue eyes and a pale complexion.

Most people in Mediterranean countries such as Italy, Spain and Greece are rather short. They have usually got black or dark brown wavy hair, brown eyes and light brown skin.

Most people from central and southern parts of Africa have got black curly hair and very dark skin. They have also got dark brown eyes, full lips and a wide, flattish nose.

People from Arab countries such as Saudi Arabia, Iraq and Libya have usually got dark hair and dark brown eyes. They have also got dark skin.

The northern Chinese are quite short, with thick black hair and dark, slanting eyes. They have got a small nose and a yellowish complexion.

Those who live in hot countries wear light clothes like shorts, T-shirts and slippers. People from northern countries such as Canada, Russia and Finland wear too much clothes in winter – coats, hats, scarves, winter boots and other warm things.

In my opinion character does not depend on appearance. So, a very beautiful girl can be angry, nervous person who hates everybody and everything. But an ugly plump person can be really nice and friendly. It can be a good friend, who can always help you. So I advice everybody not to judge people by their appearance.

### 4. Подготовьте устное сообщение на тему:

1. Describe your mother/father.
2. Describe the portrait of any star.
3. You met a wonderful man on the street. Tell about him.
4. You have never met your uncle before. Your father tells you about him.
5. Tell about your pet's (cat, dog) character.

### 5. Прочтите и переведите текст:

#### FACE SHAPES

There are no limitations to your choice of style and cut. Modern fashion tells us that anything goes. The main thing is to feel happy and confident with your look.

Remember that your face shape changes with age. As you grow older your jaw will grow less defined and your complexion less smooth. Clever cut and colour can make you look younger and feel better. Keep moving with the times. What suits you at 18 will not suit you when you are 30. Nothing will date you faster than make-up and hair-cut, and yet nothing is so simple to change.

The main face shapes are: oval face, heart-shaped face, square face, round face, long face. The classic shape of oval face can take any look. Counter the narrowing of heart-shaped face with the extra volume. If your face is square soften up the edges by breaking the symmetry. If your face is round soft cuts with layers coming forward onto the face look stylish and slim down a fuller face.

**Long face.** Keep your hair fairly short – long hair tends to pull down your whole appearance. Go in for width at the temple – it helps broaden your face. Fringes or soft half-fringes look good as they help to shorten the face.

**Heart-shaped face.** Softness at the temples and fullness just below ear level suits a heart-shaped face best. Avoid a centre parting because it tends to emphasize your pointed chin.

**Square face.** Fringes and curls flicked forward help to soften corners. Cut your hair short at the temples. Make sure your hair has body. If necessary go in for a light perm.

**Round face.** The ideal hair length is just below chin level. Choose a straight style with a centre parting. Avoid fringes, curls or waves.

**Oval face.** An oval face can take most hair styles well. However, do keep your age and personality in mind.

### 6. Опишите каждую форму лица.

## 7. Подведение итогов работы, оценивание.

### Тема 3.2 Профессии в индустрии красоты. Профессия эстетиста. Личностные качества, необходимые для профессии. Практические занятия № 40 – 42. Профессии в индустрии красоты. Профессия эстетиста. Личностные качества, необходимые для профессии эстетиста.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** тетрадь, письменные принадлежности, словарь.

#### **Информационное обеспечение:**

##### **Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

##### **Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 6 часов.

#### **Ход работы:**

##### **1. Запомните произношение и значение следующих слов и словосочетаний (активная лексика):**

make-up artist – визажист	entertainment industry – развлекательная индустрия
character – персонаж, роль, образ	event – событие
freelance – внештатно	opportunity – возможность, шанс
freelance artist, freelancer – свободный художник	photo shoot – фотосессия
demand – спрос, потребность; требовать	fashion runway – подиум
transform – превращать, изменять	technique – техника
enhance – усовершенствовать	sculpting – техника лепки
entertainment area – сфера развлечений	molding – формовка
flawless – безупречный	casting – литье
columnist – обозреватель	sophisticated – сложный, изысканный
editor – редактор	airbrush – аэрограф
prosthetics – протезирование, протез	airbrushing – аэрография
prosthetic make-up – ортопедический макияж	

##### **2. Прочтите и переведите текст:**

#### **PROFESSION OF MAKE-UP ARTIST**

A make-up artist is professional artist who applies cosmetic products on the skin to transform or enhance the appearance of a person. Make-up artists are often called cosmetologists or beauticians, but there is a difference between them. Make-up artists specialize only in make-up and typically do not offer other services such as hair or nails.

The art of applying make-up goes back at least 6000 years. Ancient Egyptian Pharaohs would employ specially trained servants to apply cosmetics in order to make them appear more like the gods. Recently the demand for skilled make-up artists to work with actors or actresses, politicians, theatre productions. And for television and movies has increased. A make-up artist is usually a member of a team including the hairdresser and wardrobe specialist. As part of this team, the make-up artist works to transform the actor into the character.

Make-up artists may be employed by a company, an individual, or work as freelance artists paid per job. In large entertainment areas, make-up artists have unions and associations that they belong to.

Make-up artists have to perform following duties:

skillfully transform the human appearance into the desired character;  
work with their clients to enhance their physical features and create a flawless appearance;

professional and skilled make-up artists can also serve as columnists and editors for beauty and style magazines;

may serve as experts on panels and write books and have their own blogs on the subject of make-up application.

A make-up artist needs to have a broad range of common skills, but can specialize in many different types of make-up and application techniques including:

- special effects,
- prosthetics,
- theatrical,
- high fashion,
- airbrushing,
- light bending,
- high definition.

Special effects make-up artists spend hours developing a person into the desired finished product. They often work with prosthetics and can spend several hours tediously creating the perfect illusion. Theatrical make-up artists often work with directors to bring their vision for the actor to reality. All make-up artists clean and maintain their tools and carefully select their products. They work with cosmetic companies to develop products and often times may create their own line of cosmetics.

A make-up artist can work in a variety of places. Some artists have their own studios; others travel to perform their services. Make-up artists are sometimes hired by private citizens for special events such as weddings and parties. They also may be employed by politicians before televised debates and speeches. A make-up artist may be hired by just one person and travel with them exclusively to meet their needs.

Special effects make-up artists usually work behind the scenes on movie sets and photo shoots. Theatrical make-up artists will also work for movies.

High fashion make-up artists often have the opportunity to travel to photo shoots around the world.

### **Top related skills**

Here are some of the skills that make-up artists would be most likely to have:

- communicating with people,
- working as part of a team,
- being tactful,
- time management,
- paying attention to detail.

Make-up artists often use portable or wearable make-up brushes' bags. The artist use brushes to prepare a model's face and eyelids for a photo-shoot.

### **Примечания к тексту:**

light bending – преломление света

high definition – высокая четкость

### **3. Переведите следующие словосочетания на русский язык:**

the art of applying make-up; specially trained servants; demand for skilled make-up artists; member of a team; wardrobe specialist; desired character; to enhance their physical features; create a flawless appearance; special events; to meet their needs; time management; portable or wearable make-up brushes' bags.

### **4. Найдите в тексте словосочетания, эквивалентные следующим:**

по меньшей мере; разница; часть команды; союз; утомительно; видение; создать собственную косметическую линию; частные граждане; свадьба; исключительно; вероятнее всего; внимание к деталям, политики.

**5. Отметьте интернациональные слова и подберите синонимы на русском языке:** professional, artist, cosmetic, product, transform, person, specialize, typically, service, specially, trained, actor, actresses, politician, theatre, production, television, human, company, individual, association, physical, type, director, reality, private, scene, photo, management, detail, model.

**6. Ответьте на вопросы:**

1. Who may be make-up artists' clients?
2. What types of make-up and application techniques can make-up artists specialize in?
3. What social skills should make-up artists most likely have?

**7. Подведение итогов работы, оценивание.**

### **Тема 3.3 Косметология. Прикладная эстетика. Функциональные обязанности эстетиста.**

#### **Практическое занятие № 43 – № 44. Косметология и прикладная эстетика. Функциональные обязанности эстетиста.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** тетрадь, письменные принадлежности, словарь.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 6 часов.

**Ход работы:**

**1. Запомните произношение и значение следующих слов и словосочетаний (активная лексика):**

beautician – эстетист, косметолог

esthetician – эстетист, косметолог

beauty therapist – врач-косметолог

beauty parlour – кабинет косметологии

beauty salon – салон красоты

body care – уход за телом

cosmetician – косметолог и продавец косметики

cosmetologist – косметолог и парикмахер одновременно

cosmetics – косметические средства

definition – определение

eyelash tinting – окрашивание ресниц

eyebrow tinting – окрашивание бровей

face care – уход за лицом

field – отрасль

false nails application – наращивание искусственных ногтей

groom – ухаживать за собой

hair removal – эпиляция

eyebrow plucking – эпиляция бровей

waxing – эпиляция при помощи воска

upper lip hair removal – удаление волос над верхней губой

under arm hair removal – эпиляция подмышечных впадин

leg hair removal – эпиляция ног

bikini line hair removal – эпиляция линия бикини

make-up, make-up artist – макияж, визажист

mask (moisturizing, firming, nourishing) – маска (увлажняющая, тонизирующая, питательная)

manicurist, manicure – мастер по маникюру. маникюр

nail varnish (nail polish) – лак для ногтей

pedicurist, pedicure – педикюр, мастер по педикюру

skin cleansing – чистка кожи

skin care – уход за кожей

sun lamp, sun beds – лампа для загара, солярий

treatment – уход, лечение

specialization – специализация, профиль

**2. Прочтите и переведите текст:**



## BEAUTY INDUSTRY

Definitions of the professions in the field of beauty industry: aesthetician or esthetician.

One versed in the theory of beauty and artistic expression.

One skilled in giving facials, manicures, pedicures, and other beauty treatments.

**Beautician** – one skilled in giving cosmetic treatments; works in a beauty parlour.

**Cosmetician** – one whose occupation manufacturing, selling, or applying cosmetics; works in a beauty parlour.

**Cosmetologist** – often called a beautician or a hairstylist; hair care is usually the largest part of their job.

The American Heritage Dictionary of the English Language

### Примечания к тексту:

versed – опытный, сведущий

skilled – опытный, квалифицированный

Beauty has been a concern of men and women since ages. The hectic lifestyles of today leave us little time for personal grooming than we had before. This has caused people – essentially women – to turn increasingly to professionals for treatment to give them that ‘manicured’ looks. Moreover, as a larger number of women begin to work outside their homes, the need to appear well groomed and attractive has assumed greater importance.

**Cosmetology** includes the care and treatment of skin, hair, face and body and covers diet and exercise well.

Earlier, this career was considered appropriate only for those with limited financial resources, schooling and social status. Many were mid-life entrants. Today, however, the returns generated by industry have begun to attract entrants from all strata of class and education. Girls just out of school consider this career as an easy and viable option.

This area was once almost exclusively a woman’s preserve. Now, as consciousness of the appearance grows, more and more men are coming in as both providers and seekers of beauty care. Success in this field has no relationship to the age of the practitioner.

**Areas of specialization include:**

**Beautician:** works only on the face and neck.

**Manicurist:** takes care only of the hands.

**Pedicurist:** takes care of the feet.

**Electrologist (epilationist):** uses various means to remove unwanted hair.

**Masseur (Masseuse):** performs face and body massage.

**Aroma Therapist:** performs massage with aromatic oils.

### Примечания к тексту:

concern – забота, интерес

to cause – послужить причиной

stratum (pl. strata) – слой

**3. Найдите в тексте словосочетания, эквивалентные следующим:**

художественное выражение; тот, кто имеет опыт; лихорадочный (сумасшедший) темп жизни; заставило людей; всё чаще обращаться; приобрело большее значение; считалась подходящей; всех классовых слоёв и уровней образования; осознание значения внешности; работающие в сфере индустрии красоты и обращающиеся за услугами.

**4. Переведите следующие словосочетания на русский язык:**

since ages; personal grooming; ‘manicured’ looks; to work outside their homes; covers diet and exercise well; social status; mid-life entrants; an easy and viable option; exclusively a woman’s preserve; has no relationship.

**5. Ответьте на вопросы:**

1. Why have we got less time for personal grooming today than we had before?

2. Why has the need to appear well groomed and attractive assumed greater importance for women nowadays?

3. What kinds of services does cosmetology include?

4. Why does beauty industry attract more and more entrants from all strata of class and education today?
  5. What specializations does beauty industry include?
  6. What are the beautician's duties?
  7. What do the manicurist and pedicurist take care of?
  8. What does the electrologist's work consist of?
  9. What are the masseur's and aroma therapist's duties?
- 6. Подведение итогов работы, оценивание.**

### **Тема 3.4. Уход за кожей. Физиологические свойства кожи. Диагностика кожи. Виды кожи.**

#### **Практические занятия № 45 – 47. Уход за кожей. Физиологические свойства кожи. Диагностика кожи.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** тетрадь, письменные принадлежности, словарь.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 6 часов.

#### **Ход работы:**

##### **1. Прочтите и переведите текст:**

#### **SKIN**

Our skin makes up about one tenth of our body weight. It renews itself every three weeks.

A healthy growing skin needs the right feeding. Skin, hair, nails - in fact, all of you will benefit from what you feed yourself.

**The wonder of vitamins.** Vitamin A is a skin health vitamin. It helps body to build up resistance to infections and diseases. Best sources of vitamin A are dark green and dark gold vegetables – carrots, fruits, liver, butter and milk.

The best sources of vitamin B12 are liver, milk and beer.

The best sources of vitamin B6 are pork, wheat germs and bananas.

Vitamin C destroys poison, bacteria, virus infections, build healthy blood, teeth and bone.

It's also absolutely important for a good skin.

**A word of caution for smokers.**

With each cigarette you destroy 25 milligrams of vitamin C in your body. Best natural sources of vitamin C are oranges, lemons, green peppers, cabbage, strawberries and grapefruit.

Vitamin E helps circulation of blood. Chief sources of vitamin E are seeds and nuts, soya beans, wheat germs.

Vitamins on the skin really do help. The skin has a remarkable capacity to absorb.

**The four important rules for the skin are:** Cleansing, Toning, Nourishing, Moisturizing.

A skin that is not cleaned regularly can never be a healthy skin. When you clean your face you clean pores in the skin from excess oil and dust. The importance of cleaning can not be overemphasized.

A skin toner or skin fresher stimulates blood circulation in the skin. It gives skin life and colour.

Nourishment given to the skin helps it to maintain and restore its natural oils. It helps to renew the skin. It is important to use a nourishing lotion or cream. A vitamin skin cream strengthens facial muscles and gives your skin vitality.

Every living thing needs moisture. You must keep your skin moist. Moisturizing is necessary even for a good skin. As you get older your skin needs more moisturizing. The best time to use a moisturizing lotion or cream is right after a bath when your skin has taken in water. Use less moisturizer in summer than in winter.

### SKIN TYPES

Skin can be classified under four basic types: normal, dry, oily and combination.

**Normal skin.** You are one of the lucky few, because normal skin is rare. Normal skin should be treated with a respect. Cleanse your face at least twice a day. Tone your skin with a light skin tonic. This has a good refreshing effect and it also closes pores after cleansing. Moisturize your skin but remember that heavy creams are unnecessary for you.

**Dry skin.** It feels dry after washing. Spots rarely appear. Wash dry skin with a mild soap or cleanse with warm water at least twice a day. Rinse well. Avoid over-exposure to sun. This tends further to dry your skin. Once a week apply the juice of a melon to your skin. Rinse well with cold water after 10- 15 minutes. In winter when skin tends to be very dry, avoid using soap.

**Oily skin.** Oily skin is very shiny. It is prone to large pores. Make up doesn't stay on for long. Cleanse three times a day, as it is important to control oil secretions. Steam your face regularly at least once a week. This deep cleanses the skin and helps open the pores, which in turn prevents the skin from breaking out into pimples. Avoid rich fried foods. Substitute such foods with green vegetables, tomatoes, yogurt and lemon.

**Combination skin.** A combination skin is one of the commonest types of skin. It is a combination of dry and oily areas. The nose and chin always tend to be oily areas, while the cheeks, temples and forehead tend to be dry. While cleansing specific attention should be paid to the greasy areas. While moisturizing specific attention should be given to the dry areas.

#### 2. Отвeтьте на вопросы:

1. How often does our skin renew itself?
2. What part of our body weight does our skin make up?
3. What groups of vitamins do you know?
4. Name the best sources of vitamin A.
5. Name the best sources of vitamin B6.
6. Name the best sources of vitamin B12.
7. How does vitamin C influence our health?
8. Name the best sources of vitamin C.
9. What are the four rules for the skin care?
10. What skin types do you know?
11. What is your skin type?
12. What skin type is shiny and prone to large pores?
13. What is the commonest skin type?
14. Name oily and dry areas.

#### 3. Образуйте слова:

nimivta, segorna, ingcleans, gnionurish, mocbiantion knis.

#### 4. Задайте вопрос к подчеркнутому слову:

1. Vitamin A is a skin health vitamin.
2. A skin toner gives your skin life and colour.
3. The best time to use a moisturizing cream is right after a bath.
4. Dry skin feels dry after washing.
5. Combination skin is a combination of dry and greasy areas.

#### 5. Сопоставьте слово и его значение:

moisturizing  
temples

cleansing  
rinse

twice a day	увлажнение
nourishment	виски
wheat germs	питание
очищение	смывать
пророщенная пшеница	дважды в день

**6. Дополните (закончите предложение):**

1. Our skin renews itself ... .
2. The best sources of vitamin B6 are ... .
3. With each cigarette you ... .
4. Cleansing, toning, nourishing, moisturizing are ... .
5. Skin can be classified ... .
6. ... always tend to be oily areas.
7. While moisturizing specific attention should be given to ... .

**7. Подведение итогов работы, оценивание.**

**Тема 3.5. Средства по уходу за кожей лица и тела. Профессиональные линии средств по уходу за кожей. Уход за кожей в домашних условиях. Практические занятия № 48 – №49. Средства по уходу за кожей лица и тела. Профессиональные линии средств по уходу за кожей.**

**Цель работы:** формирование навыков и умений в чтении профессионального текста.

**Оборудование:** тетрадь, письменные принадлежности, словарь.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 6 часов.

**Ход работы:**

**1. Прочтите и переведите текст:**

**SKIN CARE FOR DIFFERENT SKIN TYPES**

To care about the skin the most important thing is to know what skin type you have. Without knowing your skin type you might choose a wrong way to look after your skin and wrong products to use on it.

It can really damage your skin as if you don't know your skin type and you have oily skin and you keep on applying oil-based cream on your skin, your skin will break into acne and pimples. So the first things about skin care to know the type of your skin.

The types of skin are normal skin, oily skin, dry skin, combination skin, t-zone type and sensitive skin.

All skin types need different skin care regime and different kinds of cosmetics for each type.

**Oily skin**

This skin type needs maximum care, as it's prone to acne, pimples and breakouts. Especially people suffer from this skin type in teen age due to hormonal imbalance whereas others too do have it due to excessive sebum production in the body. This skin is mostly oily and greasy which contains lots of unnecessary shine on the skin surface. One needs to wash and clean this skin more often as all dirt and dust gets stick to it. It gets large and visible skin pores. Which if open breaks skin out in pimples.

One can come to know very easily if one has oily skin by wiping off the face with a tissue in the morning when one gets up before washing the face. If there is so much oil trace on the face then the skin is oily and requires more care then other skin types.

Caring for oily skin: For oily skin specially formulated face washes are available in the market. One has to use astringent and rose water to wipe off with a cotton dab often to clean the grease as using soap many times on face isn't good for the skin. It requires more care. While choosing moisturizers and foundation for oily skin one should remember that they should be water based. Gel creams and lotions are good for oily skin. One with oily skin should avoid consumption of fried and saturated food. Clay and sandalwood powder packs are very good for oily skin. A mild scrubber too should be used on oily skin to remove black heads and dead skin cells.

#### **Normal skin**

People who have normal skin are lucky, as they require least care for their skin type. It needs a normal skin cleaning and caring routine. One can check it the same way one finds out the oily skin. One can wipe the face off with a dry tissue in the morning without a wash. If no oil no dryness is there on the skin it's a normal skin.

Caring for normal skin-normal skin requires a normal cleaning, toning and moisturizing on the skin. Once in a fortnight a face pack for normal skin can be applied to keep it fresh.

#### **Combination skin**

This skin is somewhere dry and somewhere oily. It can be oily around nose area and dry on cheeks. It can be find out the same way as one finds out oily and normal skin with a dry tissue paper. Most of the people have combination skin.

Caring for combination skin-wash it off with mild cleanser. Use astringent on the oily part of the face. While applying moisturizers concentrate on dry area more. Apply it little on oily part of the face and properly on the dry area. Otherwise one gets dry patches on the face. One best way to balancing combination skin is, while getting up in the morning spread the oil what you get on the oily area on all over the face, then wash it without soap. One should never use any soap on face in the morning before taking bath. That natural oil on the face is very good for the skin to keep it moist and young.

#### **Dry skin**

Dry skin has a thin texture and looks visibly dry when natural. One has dryness on face even in the morning. This skin too requires more care like oily skin. It requires moister than other skin types or it looks patchy and red. It requires face wash and creams that are specially made for dry skin type. One with dry skin should never forget to apply a good night cream while going to bed. The only advantage with this skin is that it hardly breaks into acne and pimples.

One with dry skin needs lots of water to hydrate the skin, as it requires lots of moister as the body produces less sebum then required by the body.

#### **Sensitive skin**

This skin is sensitive to dirt, dust, sun and most of the cream, soaps and lotions. It gets itching, redness and patches on it. It breaks out easily. One has to be very careful while using anything on sensitive skin. One should use all mild skin products as face wash, moisturizers and face packs specially made for sensitive skin. One cannot use perfumed soaps and lotions on sensitive skin.

**2. Расскажите, как ухаживать за разными типами кожи.**

**3. Прочтите и переведите текст:**

#### **KNOWING YOUR SKIN TYPE**

Knowing your skin type is absolutely necessary in order to make a right decision about a **proper skin care** or treatment, which is suitable for your particular skin needs. The initial quality, or type, of your skin is genetically determined - meaning that you are born with it.

However, the health and beauty of your skin later in life largely depends on what you eat and how you take care of yourself. A popular Russian saying states that, after the age of 30, a woman looks the way she deserves ...To always look great, the first step is to determine your skin type so that you can match it with the best recommended methods to improve your look and slow the aging process.

Generally, we can single out five basic skin types: normal, dry, oily, combination, and sensitive, with each having particular characteristics and requiring specific care and/or treatment.

To determine your type, use a simple test with a clean facial tissue (or paper) to wipe your face in the morning, when you have just woken up:

1. Normal Skin ...

If your skin belongs to a normal type, the tissue will not reveal any traces of oil. Your skin should feel vibrant, elastic, and supple. **Normal skin** is the least problematic type.

It looks clean and smooth and has a good circulation and healthy complexion. Even with a minimum care, it will look good well into your advanced age.

2. Dry Skin ...

If your skin is dry, the paper will be clean, too, but your face skin will feel flaky, dry, and tight after you have wiped it.

**Dry skin** can easily develop wrinkles, and fine pores, and it is very prone to aging and irritating. It might still look great on a young person, but, to keep it healthy, you should apply thorough care and use regular treatment with natural masks and moisturizers.

3. Oily Skin ...

If you have oily skin, the paper will have spots of facial oil on it, corresponding to the areas of your cheeks, nose, and forehead. **Oily skin** is problematic - it usually looks greasy, thick and shiny, has enlarged pores, and tends to break into **acne**.

A good thing, though, is that oily skin is not prone much to aging and wrinkling. Careful cleaning, minimizing of carbohydrate consumption, and avoiding rich creams can be helpful in improving the quality of oily skin.

4. Combination Skin ...

If your skin is combination, like that of most women, the tissue will have traces of oil coming from your nose and forehead, but will be clean in the areas that touched your cheeks.

**Combination skin** has patches of both dry and oily skin, and it requires different types of care in relation to particular facial areas.

Dry zones, which are usually located on the cheeks and around the eyes, should be treated with rich creams and moisturizers, while oily areas, usually on the forehead and nose, will benefit from frequent and thorough cleaning.

5. Sensitive Skin ...

Sensitive skin is usually very dry, tends to feel tight, and becomes inflamed and irritated easily. Typically, **sensitive skin** develops reddish, and is prone to breaking into spots. It is the most problematic and fragile type of skin, which needs a very special type of care.

So, what type of skin do you have? Have you found great skin care products that work beautifully for your skin? Please do share... .

**4. Определите свой тип кожи и расскажите, как ухаживать за ней.**

**5. Прочтите и переведите текст:**

### **OILY SKIN CARE**

There are **three types of skin** people have, dry, normal and oily. Where dry skin requires a little more application of moisturizer on the skin, normal skin requires a normal skin care routine but the oily skin needs the highest maintenance. Skin gets oily due to many factors as hormonal changes or imbalance especially in teen age, then genetic factors or climate conditions.

A teenager's oil glands produce more oil that is called sebum in body than others. It decreases with age when a person grows. Then the skin gets dry due to age, as oil glands don't produce so much oil.

Some people have it because their parents have the oily skin or at times climatic factors as rains, and humidity makes the skin look greasy and oily.

As I mentioned earlier that oily skin needs maximum care, as it's prone to acne, open pores, boils and pimples. There are many medicated soaps, gels and lotions available in market for the oily skin. Some nice established brands have come in the market with their entire cosmetic range for oily skin, as **oily skin** needs special care.

But using harmful chemicals on the skin is not the permanent solution. All these gels, face wash and creams for oily skin are pretty heavy in price too and everybody cannot afford them.

At home there are whole lots of things we can use in our day-to-day routine to keep our oily skin healthy and glowing without oil. To start with one should drink lots of water to detoxify the body. As pimples and acne come on the skin when the traces of oil are not washed away from the skin surface, they stick to the skin and burst into **acne and pimples**.

One should wash the face with clean water with mild soap. One can apply a little astringent on face by wiping off oil from the skin with a cotton ball having few drops of astringent on it. Mixing cucumber juice and few drops of lemon juice can make a good homemade astringent. Mixing them together and applying on the skin makes skin refreshing and less oily.

When one gets acne or pimples, one should never squeeze or pinch them as it will spoil the skin and will give it permanent scars. One should never leave oily skin unclean as dust and dirt stick to it so does pollution so as soon as one comes back home from out should wash his hands and skin. So that no outside dust and dirt is left on it.

One with **oily skin** should avoid all oily and saturated foods, as they will make your skin's appearance worse.

Whenever one squeezes sweet lime or oranges, should apply a little juice on face too. It will absorb the oil and will give the skin a fresh look. Same way one can rub lemon peel on the face and wash it after few minutes. It will remove the grease from the skin.

Tomato juice is good for open pores; it tightens the pores and makes them visibly small in size.

One can make face packs at home for oily skin: by adding some clay powder, lemon juice and apply it on the face and neck.

By making powder of dried lemon or orange peel and mixing little curd in it, can apply it on face and neck. It will even lighten the skin and pimple scars from it.

By scrubbing or applying sandalwood powder with rose water on skin and washing it away when dried.

By adding curd and limejuice to gram flour and applying it on skin till it dry makes skin visibly less oily.

One can even rub fruits like papaya, cucumber and watermelon on skin to remove the grease.

Though oily skin requires more of cleanliness than other skin types, it even requires moisturizer so one should apply light water based moisturizer on the skin on daily basis.

And people with oily skin should keep in mind their skin type when buying any skin product or cosmetics. As when buying a sunscreen, one should remember that it should be particularly for oily skin.

They should avoid out much make up on skin and whatever make up is applied should be removed as soon as one comes back home.

When out one can wipe face with wet face tissues, so that no dirt and grease sticks on the skin for long and makes it look bad.

Many people do think that scrubbers are good for oily skin though they can be real harsh on oily skin and tear the open pores and damage the **acne and pimples on face**. So if one really wants to use scrubber on oily skin to remove dead skin and black heads, one can make scrubber by dried lemon or orange peels and can rub skin gently with that powder.

As all these are external factors and the real cause of oily skin is internal by oil glands producing more sebum, one should not ignore that factor as one cannot do much about it, one can drink lots of water at least 8-10 glasses a day and should refrain from oily stuff can help a lot.

So by giving a little more care and attention oily skin can become the best looking skin, as it remains younger for long time than the other skin types.

**6. Прочтите и переведите текст:**

## TYPES OF CREAMS FOR SKIN CARE

**Creams** are thick liquid solutions to apply on skin. These days they are specifically made for all different parts, as different creams are available for face, neck, body and feet as the requirement of each body part is different. **Choosing a cream** most importantly depends on the skin type as all skin types needs different and creams specifically made for their particular skin type as if a cream made for dry skin applied on oily skin will spoil the skin and it will break out.

Same way usage of creams depends on the age also. Not all age groups need the same creams. A teenage girl doesn't require a firming cream though requires a cream for protection from acne, pimples and outer environment as UV rays but a middle age lady might not require a cream just to moisturize it but she needs a cream to help her skin remain young, which could prevent her skin from early aging, from wrinkles. Here are different creams' types to explain in details what they are meant for.

### **Firming creams**

Firming creams are anti aging creams which are made for 40 plus women to help the skin stay firm and supple and away from wrinkles till it can as a woman's skin starts losing its elasticity from the age 30 and then women need special care for their skin because naturally their skin starts aging and the production of sebum slows down. Skin starts becoming lost, starts getting wrinkles and loses its elasticity.

Regular usage of these skin-firming creams helps skin restore its resilience and elasticity, adds the youthful glow and vitality to the skin. These day skin-firming creams are available for the use of the cream on all over the body. They are anti cellulite and claim to tone the skin to make it look young, glowing and supple without wrinkles on it. These creams are available in different forms as firming creams are available for day use, night use and body use.

**Firming creams**, which are made for facial, are not same as those, which are made for daily usage. They are available in forms of lotions, gels and serums. Some companies make even capsules to be applied on the skin for anti aging. One can choose the best-suited option for oneself out of so many options available.

### **Night creams**

Night creams are made for the repair of the skin from the damage which skin suffers from in the daytime. A good night cream is a must for everybody as our skin gets damaged in the day from air, pollution, dirt, sun and dust. Night cream repairs the skin to tackle with the daytime damage. Usually they don't contain the sun protection factor, which is not requiring in the night though its must in the day use. Night creams contain collagen, easting and other moisturizers to restore the energy skin loses in the day. But while choosing a night cream one should keep in mind their age and skin type as specific night creams are made for specific skin types and age.

### **Eye creams**

Skin surrounding eye area is the thinnest skin on face after lips. It doesn't have much support as the skin is light and has hardly any support. That's the reason wrinkles appear first around eyes on face when aging. So it requires a special care to protect the skin from early aging, **dark circles** and wrinkles. Eye creams are not based on skin type or age type. They are meant for all skin types and all age groups. They are mostly oil based as it spreads easily around the eye area. While going out in sun its useful to apply a good under eye gel or cream with sun protection factor to protect the eye area from harmful UV rays. They are extremely helpful in preventing dark circles around eyes.

### **Hand creams**

Hand creams contain more moister in them then other creams because hands lose more moister everyday and require it more than other parts of the body as they are constantly in use. They are the most in water, as one needs the wash hand more often for cleanliness and other purposes. Hands creams are made to provide them the moister they lose, they lighten the skin and reduces the dryness and roughness from the skin of the hands.

Hands require more care as they don't have much oil glands and they are the most in water, that's the reason in winters many people's skin from hands gets peeled. When hands are ex-



cessive dry the best way to moisturize them is wash hand with a mild soap in the night, wipe them and then apply a good hand cream on them with light massage then wear cotton gloves throughout the night. This way your hands will absorb the cream and will be extremely soft and supple in the morning. This practice can be done once a week to keep the hands young and beautiful.

**7. Расскажите о разных типах крема для ухода за кожей.**

**8. Подведение итогов работы, оценивание.**

**Тема 3.6. Предупреждение старения кожи. Физиология старения кожи. Практические занятия № 50 – 52. Предупреждение старения кожи. Физиология старения кожи. Средства по уходу за кожей.**

**Цель работы:** совершенствование навыков и умений в чтении профессионального текста.

**Оборудование:** тетрадь, письменные принадлежности, словарь.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 6 часов.

**Ход работы:**

**1. Прочтите и переведите текст:**

**BEAUTY TIPS TO GET FRESH AND BEAUTIFUL SKIN**

There are lots of beauty tips to help one look better, tips to get ready fast when in hurry, tips to make up while traveling, and tips to utilize your unused or old make up stuff which you don't understand what to do with. Certain tips are so useful in day-to-day use from the kitchen of our home that can make whole lot of difference in your overall appearance.

Here are few tips about changing eating and drinking habits to get a more beautiful and fresh skin:

When getting up in the morning, do not wash off the oil which you get on your face, especially around your nose and chin, rather spread this oil from your nose to all over face in upward strokes. It's the natural oil, which your body produces and is very good for one's skin to keep it young and supple. After that you can wash your face but without soap. First face wash of the morning should be just with water.

Fill water in your mouth and then splash water on your face and on eyes. It's a kind of exercise.

Drink 2 glasses of lukewarm water in the morning empty stomach with a spoonful of honey and lemon juice added to it. It's good to clean your stomach, and detoxify the toxins. With the consumption of this skin starts glowing within a month.

Cut off the use of caffeinated and saturated drinks. Stop eating much of junk and fried food, which spoils the body and damages the skin.

Rather drink lots of water at least 8-10 glasses of water in a day. Fresh juices and even buttermilk is good to keep you fit and healthy.

Try to walk whenever you get an opportunity. Exercise is must for a healthy mind, body and skin. If your schedule is too busy to get time to work out then get it this way. Try to climb stairs then taking lift. Park your car a little more away from your destination so that you will have to walk.

Always sit in a right posture and keep your abs muscles tight. It will strengthen your tummy muscles and make it look flatter.

Always breathe properly. The correct breathing pattern makes surprising difference to your body and skin. When inhale air should reach till abdomen and when exhale you should feel light in your abdomen.

Always add green fresh salads with your meals. This will reduce the quantity of food calories you are eating and will help you remain fit.

Consume more of fruits and vegetables with a balanced healthy diet.

Do wash face often but not every time with soap. If you are working keep wiping off your face with wet tissues.

Whenever in the kitchen, you can rub lemon peel from the pulp side on your face to get rid of the grease and can apply any fruit juice on face with a cotton roll. You can wash it off after a few minutes.

Now here are some beauty tips related to make up and facial beauty:

To start with the morning, wash your face with water and when you take bath use mild soap on your face. Apply a good moisturizer depending on your skin type and remember that if should be having sun protection. Never go out without applying sunscreen lotion.

Apply a light lip color or lip-gloss in a shade, which suits your skin tone. You can put a dab of foundation on your lips before putting the applying the lip color as it helps to stay it for longer.

For eyes: eye liner and eye pencil are available in many shades. Choose a good brand. You can apply brown eye pencil to give them a softer look. Use dry eye pencil on oily skin and do avoid eyeliner on small eyes rather use eye pencil to define them.

You can curl your lashes with mascara even if you don't want to put any other eye make-up, you can use mascara.

Use light eyeshades on your eyelids for day use.

You can use compact powder a shade lighter to your skin tone on your face and neck to give it a finishing touch.

Always apply body lotion on your skin after having bath all over your body. It keeps your skin smooth and keeps the skin tone even.

Avoid using foundation for daily usage. Use it just for parties and functions and let your skin breathe.

Use a mild scrubber on your skin once in a week to remove black heads and dead skin and face packs to rejuvenate your skin.

Always sleep after cleaning your skin by removing your make up. Baby lotion or baby oil is good make up remover and can be used even to remove eye make-up.

Use a good cleanser, toner and moisturizer on your skin before going to bed. You can choose a good night cream based on your skin type and your age. As for women who are 30 plus the requirement of creams are totally different than teen-age girls.

**2. Дайте 10 советов о том, как достичь свежей и красивой кожи.**

**3. Прочтите и переведите текст:**

### **SKIN CARE: CARING FOR YOUR SKIN**

**Skin care** is an essential part of our daily routine. One should look after the skin the same way one looks after other skin parts as a nice, beautiful skin makes a whole lot of difference in one's appearance. If a person has a perfect body and perfect features but if the skin isn't good, entire looks get spoilt.

Our entire body is covered with the coatings of skin, which protects and hides the inner body. So there should be a daily routine to care about the skin. There are many factors which decide how to look after or care about the skin as skin type; if the skin is oily, normal, dry, sensitive or combination, climate as different ways of caring the skin are required in different climates as its different in rains, summers and winters. People have many patterns for skin care.

To get a beautiful and healthy skin they change their diet, their cosmetics and skin care products. They get skin massages, facials, clean ups and what not. But still there is a basic way

to look after the skin, which is a must for all skin types, in all weather conditions. It's a kind of base to start with skin care and should be there in our day-to-day skin care regime.

### **The first thing is cleaning**

Cleaning of the skin is the first must thing to do. For that we take bath every day. There is a vast variety of cleansers available in the market nowadays. One can choose the best suited for one's skin type. Cleaning the skin doesn't mean just cleaning one's face. Though face is the ultimate reflection of one's personality but one should keep the overall skin clean by using good body wash depending on the skin type and climate conditions as a moisturizing soap won't turn good in humidity or in rains, medicated soaps are good options to use in heat and rains.

Now comes the cleaning of the face. Dirt, make up traces and pollution have their first impact on the facial skin. If ignored they can damage the skin's upper layer badly. That's the reason skin cleaning has been given so much importance. So when starting up the cleaning procedure one should clean the hands first as if hands are dirty they will put more dirt and germs on the face and the skin will break out in pimples, acne.

Then you should clean the face and neck with a good quality mild cleanser depending on your skin type as cream based for dry skin, gel based for oily skin and mild for sensitive skin. Different cleansers have different ways of cleansing. Soap based have to be applied on face with palms in foam and then washed whereas many other liquid cleansers should be taken on a cotton dab and then the washed face should be wiped off with them. They clean the pores in a better way than only with the soap.

### **Homemade cleansers**

If one have the time and urge, one can make excellent homemade cleansers which are extremely good for the skin. To clean dry skin one can take few drops of milk cream and add few drops of lemon juice to it. Give a light massage on face in upward motion with it. The dry skin will become very neat and glowing. For oily skin lemon juice and cucumber mixed together and applied on face with a cotton dab is extremely useful. Lemon should not be used on sensitive skin.

### **Toner**

Toning of the skin is the second **basic skin care** step. It keeps the skin tone and helps to keep the skin pore size small. Toning for all skin type is the same. In the market some good toners are available in different brands. One can choose any of them. If one wants to go for herbal toner, one can get them easily in the market. Toner tones the skin and makes it look young, tight and supple. After cleaning the skin a dab of cotton soaked in a good branded toner should be applied on the face.

If one wants to make a toner at home, one can make it easily by applying tomato juice on skin the same way readymade toner has to be applied. Tomato is a very good toner to reduce the size of pores. Using it too can benefit people who suffer from open pores. A mixture of tomato juice and watermelon juice too is a good toner for the skin. Rose water itself is a good toner for a normal skin.

### **Moisturizer**

The last and very important basic skin care step is moisturizing skin and here one has to keep the skin type very much in mind when buying a good moisturizer. Oil and cream based moisturizers are required for dry skin type. For the oily skin water based moisturizers are good. In the daytime one should always choose a moisturizer, which has sun protection factor in it.

In winters for the **dry skin** a mixture of glycerin, rose water and lemon juice is a very good moisturizer, which can be easily made at home and can be filled in a glass bottle for the further use.

**4. Опишите основные этапы ухода за кожей.**

**5. Подведение итогов работы, оценивание.**

## **Тема 3.7. Методы омолаживания кожи. Пластическая хирургия. Практические занятия № 53 – 55. Методы омолаживания кожи.**

## Пластическая хирургия. Уход за кожей без хирургического вмешательства.

**Цель работы:** совершенствование навыков чтения и развитие навыков говорения на основе прочитанного текста.

**Оборудование:** тетрадь, письменные принадлежности, словарь.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 6 часов.

### Ход работы:

#### 1. Прочтите и переведите текст:

##### FACIAL MASSAGE FOR BEAUTIFUL SKIN

**Massage** is helpful in relieve muscle and increasing blood circulation in all body parts so the same way it`s beneficial for the facial skin. But facial skin is a sensitive one so require an expert hand for its massage. One has to learn the right way to take or give facial massage to keep facial skin toned, relaxed and young.

Whenever a woman takes facial, she takes **facial massage** to start facial with. Even 5 minutes light face massage improves blood circulation of the skin and adds glow to it. Facial massage should always be done by light upwards finger strokes. These days some massage instruments are available in the market which are battery operated, they can give massage to the face with the vibration. One can read the direction written with the machine and can use to once a week or once a month depending upon the age and requirement.

**What to do while massaging the face** -- there are certain things which one has to keep in mind while massaging the face.

Always use fingertips for facial massage.

Keep your hands clean otherwise you will do more harm than benefit to the skin.

Use cream or lotion depending on your skin type. If oil based cream or lotion is used on oily skin for massage, the skin will break out in acne and pimples.

One can mix little amount of mild scrubber in the cream to be used for the massage, it helps removing black heads and white heads from the skin.

Before starting face massage one should tie and cover head with a towel or headband to avoid the facial cream to enter the hair and make them sticky.

Fingers strokes should always be in upward motion as downward strokes can make the skin look saggier.

Massage tones up the skin so women who are in middle age can use anti aging creams for their facial massage.

Depending on the skin type one can do massage from 5 to 20 minutes. More than this, it can get the skin red and patchy.

Cream should be removed neatly with a wet napkin or cotton dab after the massage so that skin couldn't soak unnecessary grease.

One should learn the pressure points so that one can use them while giving or taking massage to relieve the skin from stress. There are pressure points on face to tone up the facial skin. Two pressure points are there on both the sides of the forehead, both sides on the nose, on the chin, and around the eyes. If one learn to do it correct, one can reduce the wrinkles from the face.

Facial tissues are sensitive so while massaging the face, not much pressure should be put on the skin.

One can add the right essence to the skin when giving or taking facial massage as if one has **oily skin**, one should choose cream that is lemon, orange or cucumber based and to improve the effect of the massage, few drops of lemon juice, orange juice or cucumber juice can be added

to the cream. Natural substances have their own effect on the skin and if used correctly, they often don't have any side effects.

On **dry skin**, few drops of almond oil, milk cream or olive oil can be used to make the massage more effective.

A light massage can be done without using any cream from the market by taking a spoonful of fresh milk cream and few drops of lemon juice added to it. It can be used as an anti tanning massage cream too. It's natural so is safe for young and sensitive skin.

If the skin is extremely sensitive then one should avoid using lemon juice on the skin. One can rather use cucumber juice added to the fresh milk cream to give or take massage.

Fingers should not be rubbed on the skin; the strokes should be constant but smooth and slow. In between pressure should be put on the pressure points to relax the skin.

One can keep slices and chilled cucumber slices or cotton balls soaked on rose water on eyelids to relax them and to stop cream to enter the eyes.

If done properly, massage tones up the pores and tightens up the facial tissues. After the massage skin feels fresh and young. If one starts taking facial massage from the right age, one can prevent getting **wrinkles and saggy skin** on face for the time being and can look younger than the actual age.

These days plenty of variety is available in the market for the best massage option as herbal massage, spa, aromatherapy, oil massage, natural massage, gold and silver massage. One can choose the best suited one for oneself. Many oils as lavender oil and some other aromatherapy oils heal the skin if used in massage creams or lotions.

## 2. Прочтите и переведите текст:

### FACE MASKS FOR BEAUTIFUL SKIN

The skin is the uppermost layer of our body that reflects the health of the person. Nature has provided us this naturally beautiful layer, yet it needs care and maintenance to keep it beautiful. The daily routine of cleansing, toning and moisturizing makes the skin healthy and it manages to look good.

But, the daily dust and grime takes its toll in a few days and that's the time skin starts looking aged, wrinkled and looks lifeless in spite of our daily care. Thus, coupled with a routine of everyday skin care, we need something extra to pamper our skin. That '**something extra**' is provided by the **face masks**.

Pollution and the daily stress make the skin dull and lifeless, which shows poor health of the person while glowing and supple skin shows that a person is healthy. The dull skin requires a lot of time and repair work to bring it back to the normal. Each person has a different type of skin. For some, minimum maintenance is required but for others, more care is needed. Face packs are one of the easiest ways to cleanse the face and keep it fresh for long. The types of face packs differ for each **type of skin**.

In order to take **maximum benefit** of choosing applying a face pack, we must know what a face pack does for our skin... The dust and grime gets into the pores of the skin and blocks it. This prevents the skin from breathing freely. This over a long period causes dull skin, pimples, pigmentation and allergies on the skin. **Face packs** basically cleanse the skin and its pores and make the skin breathe again. It removes the dust from the pores and cleans it. It also helps the skin to maintain the tautness and the luster.

When the seasons change your skin changes too. You accumulate lots of dry cells, blocked pores that can result in pimples and blemishes. Facial masks can be like a much needed spring cleaning, it will exfoliate your skin and remove any buildup of sluggish cells. **Face masks** can work wonders for your skin and can leave your skin feeling fresher and cleaner day after day.

The next thing is the **frequency of using a face pack**. For high maintenance skin types (very dry or too much oily), a face pack must be used once in a week. For others, it may be used twice a month, or if you are exposed to too much outdoors, then thrice a month is recommended.

Only frequency does not matter, your state of mind matters too. You must try to **relax** when applying a face masks. If you go about washing the dishes and tidying up the home while putting on the masks, its effect will be less. Your muscles need to be in relax state, breathing normal, then only the mask will be absorbed nicely in your skin give you the effect you wanted from it.

### **3. Прочтите и переведите текст:**

#### **APPLYING A FACE MASK**

Get a good flat brush to apply the mask. Before starting, pull your hair back and tie it with a head-band. Your neck area should also be visible.

Now, start applying the mask with your brush, using even strokes. Be careful to avoid the lips and the sensitive area around the eyes and include the neck area.

Let the mask remain on your skin for at least 20 minutes (unless written differently in the instructions).

Splash tepid water on your face to remove the mask and gently rub and wash it off. In the case of peel-off masks, peel gently and rinse face with plenty of water, in case the layer persists. Do not rub hard, this could cause rashes or reddening of the skin or cuts on your skin.

Using a suitable face-mask regularly will definitely improve your skin over a time of few weeks. It will not only make the skin softer and smooth, in the long run it will help in ceasing early appearance of wrinkles on the skin. Thus, along with the basic skin care routine, it is important to use a face mask to enhance the radiance and glow of your skin.

### **4. Прочтите и переведите текст:**

#### **HYGIENIC COSMETICS**

Cosmetology, in our opinion, must search means of rejuvenation of human organism. In fact, from cosmetologists everybody waits, that they returned people youth. Medicine at all times searched means of rejuvenation and taking off defects in appearance of a person. And this branch of medicine accumulated large experience and methods of treatment.

Today`s cosmetology includes such methods as: healthy nutrition, sleep and rest balance, regular going in for sports and some other measures. The second important part of recovery of a human organism, as well as taking off defects in appearance of a person are medical agents and procedures.

The most important of them are following:

1. Medical preparations,
2. Cosmetic (make-up) procedures,
3. Treatment on basis of plants and products of beekeeping,
4. Methods using medical equipment.

Cosmetic preparations are nourishing creams, emulsions, clearing milk, daily creams, cooling creams, moisturizing creams and many others.

To make-up procedures belong: electrophoresis, thermal procedures (diathermia), UHF-treatments (ultrahigh frequency), epilation and depilation, face cleansing, massage, skin peeling, phototherapy (laser), cryotherapy, water- and warm therapy, masks, mud care, injection drugs, operative surgery and many others.

To phytotherapy (treatment through natural drug and plants) belong products of beekeeping, honey, pollen, bee poison, propolis.

Thus, modern cosmetology possesses the solid arsenal of resources for the effective elimination of defects in appearance of a person and making him look more attractive and healthy.

### **5. Прочтите и переведите текст:**

#### **HERBS AND PLANTS FOR SKIN CARE**

Our ancestors have found many precious **herbs** for us. They are nature's products and are extremely beneficial for health increment, to cure ailments, many diseases and to increase and enhance beauty.

Here are the details about some of these nature's gifts how they help in increasing beauty and help skin care. Because of their no side effects they have become more popular among people than many other medicines and cosmetics for health and beauty purposes.

**1. Aloe Vera** – is a cactus type of plant from the family of flower lily. It has vitamin E, C, zinc and many other beneficial substances in it, which are extremely beneficial for health and skin. Aloe Vera has many properties to keep skin at its best. It can be used to soothe the skin from sunburn and heat infections because of its cooling properties. Its rich of vitamin E and C, both of these vitamins work the best for the skin and are main substances in all skin care products.

Aloe Vera is available in many varieties these days and people can choose and use what is best suited for their skin. It's available in form of gels, lotions, moisturizers, and juices. If juice is consumed it has wonderful results on the skin. On extremely dry and sensitive skin, aloe Vera gel can be used as a healing agent. It heals wounds and injuries too. Most of the creams and lotions are based on aloe Vera gel these days, which change one's skin drastically from a lifeless dull skin to a new enhanced beautiful skin. Its transparent bluish green color substance. It's getting popular worldwide day to day.

**2. Sandal wood** – is the wood of a tree, which has a very strong, and soothing fragrance in it. Sandalwood too has all cooling substances in it.

It makes the skin smooth, blemish free, glowing and young. It is used to heal the burns too because of its cooling essence. Sandalwood soaps and packs are extremely useful for oily and problematic skin. It reduces the marks and blemishes from the skin and reduces body odor if used in soaps. It is advised to be used on skin that is prone to allergies, acne, and pimples and has blemishes. Its frequent application on the skin in form of soaps and packs do wonders to the skin. Especially the skin that is filled of acne and blemishes gets neat and clean with its frequent use.

**3. Tea tree oil** – is taken from the leaves of tea tree. It's very strong oil with many exclusive values in it, which is used in medical field too. It has many anti-fungal values in it so is used for many types of allergies, infections, many other ailments and is added in many skin care products because some of its values help **prevent acne, blemishes and skin allergies**.

It is added in many face packs specially made for problematic skin, which suffers from acne and pimples. Its usage on skin makes skin clear, smooth and blemish free. It has a very strong smell in it which keeps many allergies at bay. Many anti allergic oils are based on tea tree oil. Most of the herbal cosmetic company use tea tree oil as a main base in their **skin care** products which are specially meant for problematic skin. It suppresses the acne, pimples and blemishes from the skin and helps to lighten the marks too which one gets on skin due to skin problems.

**4. Neem** – is a very useful tree. Its leaves, stem everything has their own properties and different values. It is used in many herbal medicines to cure skin problems, lice problems in hair. It has a very strong bitter smell and taste. It has surprising properties in it for skin suffering with allergies or skin infections. Neem power and essence if used on skin in any form makes one get rid of boils, heat infection, acne pimples and other skin problems.

It makes **skin blemish** free, healthy and glowing. People who tend to get boils and heat boils on skin in summer, if take bath from water in which neem leaves have been soaked or boiled get rid of them completely and get a smooth and clear skin. Its juice is extremely helpful for diabetic patient. In ancient times, people used to use its stem to chew to keep their teeth healthy and strong. It has some detoxifying agents in it so it's useful for the treatment of skin infections and problems.

#### **6. Дополните предложения:**

1. Aloe Vera is a ... of plant from the family of flower lily.
2. Aloe Vera can be used to ... because of its cooling properties.
3. Aloe Vera is available in forms of ... .
4. ... is the wood of a tree which has a very strong and soothing fragrance in it.
5. Tea tree oil is taken from ... .

6. ... is used to cure lice problems in hair.
7. ... has many anti – fungal values in it.
8. ... have found many precious herbs and plants for us.
9. ... have no side effects.
10. Vitamins ... and ... work the best for the skin.

**7. Исправьте предложения по смыслу:**

1. Herbs and plants have many side effects.
2. Aloe Vera is available in form of cream.
3. Aloe Vera has cooling essence in it.
4. Tea tree oil has a very strong and bitter smell and taste in it.
5. Recently we have found many precious herbs and plants for us.
6. Aloe Vera is not rich of vitamins.
7. Neem is transparent bluish green colour substance.

**8. Переведите на английский язык:**

предки, растение, болезнь, полезные вещества, рана, масло чайного дерева, проблемная кожа, вши, горький вкус и запах, избавиться от нарывов, сандаловое дерево.

**9. Подведение итогов работы, оценивание.**

### **Тема 3.8. Декоративная косметика. Профессия визажиста. Техники маникюра и педикюра.**

#### **Практические занятия № 56 – 58. Декоративная косметика. Профессия визажиста. Техники маникюра и педикюра.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** тетрадь, письменные принадлежности, словарь.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 6 часов.

**Ход работы:**

**1. Прочтите и переведите текст:**

#### **COSMETICS**

The professional manicurist offers all types of nail and hand care. Each service requires products for cleaning the nails, for polishing the nails, and for strengthening the nails.

The manicurist uses a 70 percent solution of alcohol to sanitize her own and her patron's hands before giving a manicure. It cleanses them. Alcohol is also used to sanitize your tools.

Nail polish removers are used to remove nail polish from the nails. There are many types of polish removers on the market.

The patron soaks her fingers in the warm soapy water. This helps to remove dirt and stain from the nails, and to soften the cuticle. There are many types of cuticle softeners. Cuticle creams or oils have lanolin or petroleum base and are used to treat dry cuticle and brittle nails. Hand lotions are used to soften the skin and to replace natural oils.

Nail polish is applied to the nail to give it sheen or colour. A colourless liquid is applied to the nail before the polish and is referred to as a "base coat". It adheres quickly to the nail and forms a hard gloss that protects the nail from stain. The coloured polish adheres better to the base coat than to the nail.

Nail whiteners are usually creams and pastes. They are used to bleach and whiten the free edge of the nail. These products add strength to the nail.



## 2. Переведите слова и словосочетания:

nail, solution, hand care, soften, polish, to give a manicure, to strengthen, cuticle, acetone, to soak, nail polish remover, to adhere, to replace, whitener, to bleach, to protect, basecoat.

## 3. Найдите русские эквиваленты к английским словам и выражениям:

- |                        |                             |
|------------------------|-----------------------------|
| 1. hand care           | a. удалять грязь            |
| 2. to polish the nails | b. уход за руками           |
| 3. to give a manicure  | c. мыльная вода             |
| 4. skin's natural oils | d. бесцветная жидкость      |
| 5. nail polish remover | e. покрывать ногти лаком    |
| 6. soapy water         | f. смягчающий эффект        |
| 7. remove dirt         | g. натуральные кожные масла |
| 8. softening effect    | h. делать маникюр           |
| 9. colorless liquid    | i. жидкость для снятия лака |

## 4. Назовите синонимы данных слов:

enamel, experienced, bleach

## 5. Образуйте от следующих слов глаголы:

soft, remover, clean, white, white, strength.

## 6. Продолжите предложения:

1. The professional manicurist uses a 70 percent solution of alcohol to... .
2. The manicurist use nail polish removers to... .
3. They use the cuticle softener to... .
4. Hand lotions are used to ... .
5. I apply the nail polish to ... .
6. Nail whiteners are used to ... .

## 7. Посоветуйте своему клиенту соответствующее средство по уходу за кожей рук и ногтями:

1. If you want to cleanse your hand use ... .
2. If you'd like to remove the nail polish use... .
3. If you want to soften the cuticle before manicuring use ... .
4. If you'd like to treat brittle nails I advise to use ... .
5. If you want to replace the natural oils use ... .
6. If you'd like to give your nail sheen or colour apply... .
7. If you want to bleach your nails I advise you to apply ... .
8. If you want to strengthen your nails use ... .

## 8. Употребите следующие предлоги: *in before (2), from on (3), to (2) of*:

1. The professional manicurist offers all types ... nail and hand care.
2. ... giving a manicure sanitize your patron's hands.
3. I always use the alcohol free nail polish removers to remove nail polish ... the nails.
4. Nowadays there are many types of polish removers .... the market.
5. Acetone is drying .... the nail and cuticle.
6. To soften the cuticle soak your fingers ... the warm soapy water.
7. Hand creams have a softening effect ... the skin.
8. A colorless liquid is applied ... the nail ... the polish.
9. Avoid getting these products ... the cuticle.

## 9. Ответьте на вопросы:

1. How is a specialist called who works on nails?
2. What types of nail and hand care can an experienced manicurist offer?
3. What must a manicurist do before giving a manicure?
4. Why are the nail polish removers used?
5. Why are oils to the nail polish removers added?
6. Why do you soak the patron's fingers in the soapy water?
7. Why are recommended to use hand lotions?
8. What is a "base coat"?
9. When is the colourless liquid enamel applying?
10. What strengthens the nails?

## 10. Переведите предложения на английский язык:

1. Опытный специалист по маникюру может предложить все услуги по уходу за ногтями. 2. Существует косметическая продукция для маникюра: для чистки ногтей, для покрытия ногтей лаком, для укрепления ногтей. 3. Перед тем как приступить к маникюру, специалист должен обработать руки клиента и свои руки 70% спиртовым раствором. 4. Многие жидкости для снятия лака содержат ацетон, который сушит ногти и кутикулу. Чтобы избежать этого, производители добавляют масла. 5. Перед маникюром необходимо подержать пальцы в теплой мыльной воде. 6. Теплая мыльная вода поможет удалить грязь и смягчить кутикулу. 7. Чтобы легче удалить сухую кутикулу, нанесите крем или масло для смягчения кутикулы, которые содержат животный воск. 8. Профессиональные косметологи советуют использовать лосьоны для рук, так как они смягчают кожу рук и восстанавливают натуральные масла. 9. Я часто пользуюсь лаком для ногтей. 10. Если вы желаете придать своим ногтям блеск и цвет, нанесите лак для ногтей. 11. Бесцветные жидкости для ногтей служат основой для нанесения лака. 12. Важно, что бесцветные жидкости защищают ногти от лака.

## 11. Прочтите и переведите текст:

### A PLAIN MANICURE

It is important that all sanitary rules be followed when you are giving a manicure.

Remove polish from the patron's hands.

File nails. Place the file slightly under the free edge and file the nail from corner to center, shaping the nail into a graceful oval. Never file back and forth; this would cause the nails to split. Do not file deep into the corners; this weakens the nails. If the surface of the nail is rough it may be smoothed by using the fine side of the emery board. Place the patron's left hand in a bowl of warm, soapy water.

Remove the left hand from the water. Carefully dry the fingertips and gently push the cuticle back with a towel. Apply cuticle softener around base of the nails. With a cuticle lifter gently push the cuticle from the corner to the center of the nail. Keep cuticle damp while pushing. Use nail nippers when necessary to remove hangnails or dead cuticle.

Place the right hand in the water bath.

Apply cuticle oil to the left hand. Apply cuticle oil or cuticle cream around the base and sides of the nail. Massage the oil into the fingertips. These products soften the cuticle and are recommended for overnight treatment for dry and brittle nails.

Apply nail white under the free edge for whitening effect.

Apply hand cream and gently spread it over the whole hand.

Brush nails.

Apply base coat, starting with the thumb, then the little finger, then the ring, middle, and index fingers. It will prevent smearing the base coat.

Brush and clean the nails of the right hand and apply base coat.

Apply nail enamel to the left hand and then to the right hand. Remove excess polish.

Apply top coat.

## 12. Переведите слова и словосочетания на русский язык:

to wipe, a stroke, to file, to weaken, emery board, fingertip, to dip, nail nippers, hangnails, to spread, to brush, to smear, enamel, top coat, nail white, rough.

## 13. Какое слово лишнее:

- a) the thumb, the ring, middle, nail, index
- b) soak, nippers, file, brush, remove
- c) nail polish, hangnail, dry cuticle, split nails, brittle nails
- d) base coat, nail polish, nail enamel, top coat, polish remover

14. Найдите в тексте названия инструментов для маникюра и выпишите их названия. Опишите, для чего служит каждый из них.

15. Составьте предложения со следующими словами:

to remove polish; to file nails; to use emery board; to remove hangnails; to apply cuticle cream; to soften the cuticle; whitening effect; to spread the hand cream; to apply the base coat; nail enamel.

**16. Вставьте пропущенные слова.**

1. It's important to file the nail from corner to center because ... .
2. If the surface of the nail is rough smooth it by ... .
3. When you remove polish hold the cotton ... .
4. It's important not to file deep into the corners because ... .
5. With a cuticle lifter gently push the cuticle from ... of the nail.
6. It's necessary to use nail nippers to remove ... .
7. Apply cuticle oil around ... of the nail.

**17. Используя данные словосочетания, напишите правильную последовательность выполнения маникюра:**

applying top coat, applying hand cream, filing nails, brushing nails, massaging the oil into the fingertips, smoothing the surface of the nails, applying the cuticle oil, applying nail enamel, whitening the nails, applying the cuticle softener, removing polish, applying base coat, pushing the cuticle.

**18. Исправьте ошибки в работе специалиста по маникюру:**

1. I always file the nails back and forth.
2. I often file deep into the nails corners.
3. I place the patron's hands in a bowl with not soapy water.
4. I start to apply base coat with the ring, then the middle, then the thumb, the little finger, and the index fingers.

**19. Переведите предложения на английский язык:**

1. Удалите лак для ногтей жидкостью для снятия лака. 2. Очень важно правильно подпиливать ногти: от уголка ногтя к центру. 3. Профессиональный специалист по маникюру никогда не подпиливает ногти движениями вперед-назад, так как это может стать причиной расслаивания ногтей. 4. Пилочкой для ногтей выровняйте шероховатую поверхность ногтя. 5. После вымачивания пальцев левой руки осторожно отодвиньте кутикулу от уголка к центру ногтя. 6. Если вам необходимо удалить заусенцы или кутикулу, используйте щипчики для ногтей. 7. Если ногти сухие и ломкие, наносите регулярно масло или крем для кутикулы. 8. Специалисты рекомендуют массирующими движениями втирать крем для кутикулы. 9. Необходимо заботиться о коже рук. Каждый день наносите крем для рук, нежно распределяя его по все руке. 10. Если клиент желает, нанесите отбеливатель для ногтей. 11. Перед нанесением лака для ногтей, нанесите основу для защиты и укрепления ногтей. 12. Оставьте лак полностью высохнуть, чтобы избежать размазывания лака.

**19. Составьте инструкции:**

giving a manicure,  
applying the base coat and the nail enamel.

**20. Прочтите и переведите текст:**

**PEDICURE**

A pedicure makes the feet feel more comfortable and helps to remove rough scales. It is also care of the feet and toenails and is part of the patron's total grooming.

Soak the patron's left foot in the disinfectant solution for 3 or 4 minutes.

Dry the left foot. Remove nail enamel from the left foot. Shape the nails by filing straight across the nail. If the nails are long, shorten them with the toenails clippers and then file to smooth the edges.

Place right foot in the disinfectant solution.

Use cuticle remover around the nails of the left foot. Work gently to remove excess cuticle, using a cotton-tipped orangewood stick. Do not use a steel cuticle lifter, because the toe could be damaged.

Apply nail cream and massage it into the cuticle around the nail. Clean under the free edge of the nail with the cotton tipped orangewood stick.

Apply hand lotion and massage the foot, paying special attention to rough areas such as the heels.

Dry the right foot. Place the left foot on the floor. Use the nail brush to remove the nail cream.

Space the toes, using cotton strips between them. Use alcohol to clean the surface of the toenails.

Apply base coat. Apply nail polish to toes of both feet. Allow polish to dry thoroughly. Usually wait 15 or 20 minutes before allowing the patron to put her hose and shoes on.

**21. Переведите слова и словосочетания:**

foot, strips, rough scales, toe nail, disinfectant solution, toenails clippers, to pay attention to, to space the toes, heel, to shape.

**22. Вставьте слова из упражнения 21 в данные ниже предложения:**

1. Beginning pedicure soak the patron's left ... in the ... some minutes, then dry it.
2. A pedicure helps to remove... .
3. Massaging the foot ... to rough areas such as the heels.
4. Cleanse the ... from the rough scales.
5. Use cotton ... between the toes.
6. A pedicure means the feet and ... care.
7. The long nails you must shorten with the ... .
8. Applying nail polish ... using cotton strips.
9. File straight across the nail to ... the nails.

**23. Ответьте на вопросы:**

1. What does pedicure mean?
2. Where should pedicuring implements be kept during a pedicure
3. What is the proper procedure for removing nail polish?
4. What effect does filing have on the toe nails?

**24. Найдите русские эквиваленты к английским словам и выражениям:**

- |                              |                                 |
|------------------------------|---------------------------------|
| 1. pedicure                  | a. щетка для ногтей             |
| 2. to feel                   | b. погружать в воду             |
| 3. to eliminate rough scales | c. удалять                      |
| 4. total grooming            | d. уделять внимание, заботиться |
| 5. to soak                   | e. чувствовать                  |
| 6. to remove                 | f. педикюр                      |
| 7. to shape the nails        | g. лак для ногтей               |
| 8. to shorten                | h. устранять огрубевшую кожу    |
| 9. nail brush                | i. укорачивать                  |
| 10. nail polish              | j. придавать форму ногтям       |
| 11. pay attention            | k. полный уход за телом         |

**25. А. Найдите в тексте названия инструментов и принадлежностей для педикюра и выпишите их. Опишите, для чего они нужны, используя данные ниже выражения:**

space the toes, shorten the nails, remove nail enamel, smooth the edges, clean under the free edge of the nail, remove excess cuticle, remove the nail cream, clean the surface of the toenails, shape the nails.

**26. Вставьте следующие предлоги: *in on, from with, around into, under to*:**

1. First, soak the patron's foot ... the disinfectant solution for 3 or 4 minutes.
2. Place the foot on a towel ... the floor.
3. Remove nail enamel .... the left foot.
4. Shorten the nails . the toenails clippers.
5. Use cuticle remover ... the nails of the left foot.
6. Massage the nail cream ... the cuticle around the nail.

7. Clean ... the free edge of the nail with the cotton tipped orangewood stick.

8. Apply nail polish ... toes of both feet.

**27. Составьте ситуации, используя следующие слова:**

to feel, to eliminate rough scales, total grooming, to soak the foot in the disinfectant solution, to dry, to remove nail enamel, to shape the nails, cuticle remover, to apply nail cream, hand lotion, to apply base coat, to dry thoroughly.

**28. Подведение итогов работы, оценивание.**

### **Тема 3.9. Салон красоты. СПА салоны. Оборудование салона. Практические занятия № 59 – № 60. Салон красоты и СПА салоны. Оборудование салона.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** тетрадь, письменные принадлежности, словарь.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 6 часов.

#### **Ход работы:**

**1. Запомните произношение и значение следующих слов и словосочетаний (активная лексика):**

**У косметолога:**

beautician – косметолог

massage – массаж

facial – чистка лица

waxing – восковая эпиляция

laser hair removal – лазерная эпиляция

sugaring – шугаринг (эпиляция сахаром)

acupuncture – акупунктура (иглоукалывание)

spa body treatments – лечебные/расслабляющие процедуры для тела

wraps and detoxifying body scrubs – обертывания и скрабы (эксфолианты) для тела, выводящие токсины

non-surgical facelift – безоперационная подтяжка лица

certified and tested products – сертифицированная и проверенная продукция

**В маникюрном зале:**

nail technician – мастер маникюра

manicure (mani) – маникюр (сокращенно – маникюр)

floral manicure – цветочный маникюр (имеется ввиду дизайн, а не процедура)

pedicure – педикюр

feet massage – массаж ног

foot mask – маска для ног

cuticle – кутикула

nail polish / gel polish – лак для ногтей (обычный) / гель-лак

nail shape – форма ногтя

nail length – длина ногтя

nourish – питать

top coat – верхний слой

fungus – грибок

callus – мозоль

pumice stone – пемза

I would like to get my nails done. – Мне бы хотелось сделать маникюр (привести ногти в порядок).

## 2. Прочтите и переведите диалог:

### BEAUTY SALON

**Beautician:** Good afternoon, ma'am. How can I help you?

**Jane:** Good day. I'm a bit worried about my skin and its condition. It's undergoing through an aging process and I'd like to know what can be done about it.

**Beautician:** I see. There is no need to worry. We have a number of procedures that might help.

**Jane:** Can you describe them, please? I guess I should mention that I'm allergic to some facial creams.

**Beautician:** All right. I'll keep that in mind. We have many hypoallergenic creams and masks. Other than that we have some special treatments that will tighten your face skin.

**Jane:** I'll gladly try one of those treatments. Also, I need something done about the pouches under my eyes.

**Beautician:** Well, we have a soothing herbal remedy which will reduce the bags. After that you'll be offered some concealer and effective make-up. Would you like to try that?

**Jane:** Yes, with pleasure.

**Beautician:** Then, take this seat please, ma'am. I'll start mixing the creams and preparing the facial mask.

**Jane:** As soon as we finish, I'd like to visit the hairdresser.

**Beautician:** You won't need to go far. Our salon has three professional hairdressers who work right in the next cabinet.

*(1 hour later)*

**Hairdresser:** Good afternoon, ma'am. How can I help you?

**Jane:** Hello, I'd like to have my hair cut and coloured.

**Hairdresser:** Have you decided which colour?

**Jane:** Yes, I'd like to have dark shade of brown with some bright red stripes if it's possible.

**Hairdresser:** Surely it is. And I think it will look perfect on you. How would you like your hair cut?

**Jane:** I'm not going to have a new haircut or something. I just need the split ends trimmed and the fringe shortened.

**Hairdresser:** I see. We can do that. Would you like to wear your hair curly or straight?

**Jane:** I'd prefer to have them straightened with a blow-dryer first and then with a hair straightener.

**Hairdresser:** Ok, then. Let's start. At first I'll prepare the hair colours. While I'm doing it, you can read some magazines, ma'am.

**Jane:** Thanks, I will. I would also like to have my nails manicured after we are done with hair. Is it possible today?

**Hairdresser:** Surely, it is. Our nail specialists work till 7pm, so you can address them.

**Jane:** I'm going to my best friend's birthday, so I need to look good tonight. That's why I decided to drop into your salon.

**Hairdresser:** That's a nice occasion, ma'am. I hope you have a good evening.

### САЛОН КРАСОТЫ

**Косметолог:** Добрый день, мэм. Чем я могу вам помочь?

**Джейн:** Добрый день. Я немного беспокоюсь о своей коже и ее состоянии. Её затронул процесс старения, и я хотела бы знать, что можно в такой ситуации сделать.

**Косметолог:** Понятно. Нет причин волноваться. У нас есть множество процедур, которые вам помогут.

**Джейн:** Можете описать их, пожалуйста? Кажется, нужно предупредить, что у меня аллергия на некоторые кремы для лица.

**Косметолог:** Хорошо. Я буду иметь это в виду. У нас немало гипоаллергенных кремов и масок. Помимо этого, у нас есть специальное лечение для подтяжки кожи лица.

**Джейн:** Я бы с удовольствием попробовала одну из таких процедур. Мне также нужно что-то делать с мешками под глазами.

**Косметолог:** Ну, у нас есть успокаивающее средство на травах, которое уменьшает мешки. После этого обычно предлагают нанести тональный крем и эффективный макияж. Хотите попробовать?

**Джейн:** Да, с удовольствием.

**Косметолог:** Тогда присаживайтесь, пожалуйста, мэм. Я начну смешивать кремы и готовить маски для лица.

**Джейн:** Когда мы закончим, я хотела бы нанести визит парикмахеру.

**Косметолог:** Вам не придется далеко ходить. В нашем салоне есть три парикмахера-профессионала, которые работают прямо в соседнем помещении.

*(1 час спустя)*

**Парикмахер:** Добрый день, мэм. Чем могу вам помочь?

**Джейн:** Здравствуйте, я бы хотела постричь и покрасить волосы.

**Парикмахер:** Вы уже решили, в какой цвет?

**Джейн:** Да, по возможности я бы хотела окраситься в темно-коричневый с ярко-красными прядями.

**Парикмахер:** Конечно, можно. И я думаю, что вам это идеально подойдет. Как желаете постричься?

**Джейн:** Я не хочу новую прическу или что-то в этом роде. Мне просто нужно постричь посеченные кончики и укоротить челку.

**Парикмахер:** Я поняла. Мы можем это сделать. Вы хотите оставить волосы волнистыми или ровными.

**Джейн:** Я предпочитаю выравнивать их поначалу феном, а затем утюжком.

**Парикмахер:** Хорошо. Тогда, давайте начнем. Для начала мне нужно приготовить краски. Пока я буду это делать, вы можете полистать журналы, мэм.

**Джейн:** Спасибо, я так и сделаю. Я бы также хотела сделать маникюр ногтей, после того, как будут уложены волосы. Это возможно сегодня?

**Парикмахер:** Да, конечно. Наши специалисты по ногтям работают до 7 часов вечера, так что можете обратиться к ним.

**Джейн:** Я собираюсь на день рождения к своей лучшей подруге, и мне нужно выглядеть соответственно сегодня вечером. Поэтому я решила заглянуть к вам в салон.

**Парикмахер:** Это отличный повод, мэм. Желаю вам хорошего вечера.

**3. Разыграйте диалог по ролям.**

**4. Прочтите и переведите диалог:**

#### BEAUTY SALON

**Master Theresa:** Good evening! How can I help you?

**Courtney:** Good evening! My name is Courtney Tornton, I'm your regular customer. I made an appointment for me at 10:15 p.m. It's been a long day and to be honest I was not impressed with what I had seen so far. I know that you are professionals but I kindly ask you to take my opinion into account as well.

**Master Theresa:** Sure, Mrs. Tornton. Please, sit down right here. I'll come in 5 minutes.

*(five minutes later)*

**Master Theresa:** Well, what kind of haircut do you want? Would you like your hair short?

**Courtney:** No, I wouldn't! Last time you cut all my beautiful hair and it was absolutely awful! I would like to cut off my fringe and the split ends. I also want to dye my hair, the roots are already showing. Do you have any special offers or discounts today?

**Master Theresa:** Yes, we offer free classical French manicure as a special bonus to hairstyle in our salon. Decorations, bright colors, artificial nails are not included in special offer, all these things are extra paid. Do you want your hair washed first?

**Courtney:** Yes, please. I would like to have a free manicure, your manicure masters are the best ones in the city. So, could you give a bit of volume to my hairstyle?

**Master Theresa:** Like this?

**Courtney:** That's right, thanks. It's too hard to straighten my hair or curl it, that's why I usually plait my hair. No hairspray, please.

**Master Theresa:** So, this is done. Do you want me to pluck and groom your eyebrows?

**Courtney:** No, thank' you, that's enough. What's the score?

**Master Theresa:** 54\$ for the hairstyle. Please, tell the receptionist that you need a free manicure as a bonus. You may pay the cashier for our services.

**Courtney:** Thank you so much. It looks marvelous now! I'll recommend you to my friends and relatives. Please make an appointment for my husband tomorrow at eight o'clock.

**Master Theresa:** Sure, mrs. Tornton. See you next time.

#### САЛОН КРАСОТЫ

**Мастер Тереза:** Добрый вечер! Чем я могу вам помочь?

**Кортни:** Добрый вечер! Меня зовут Кортни Торнтон, я ваш постоянный клиент. У меня запись на 22:15. Сегодня был сложный день, и, честно говоря, я не очень впечатлена тем, что мне сделали в прошлый раз. Я понимаю, что вы – профессионалы, но очень вас прошу учитывать моё мнение тоже.

**Мастер Тереза:** Конечно, миссис Торнтон. Присаживайтесь, пожалуйста, в кресло. Я подойду через пять минут.

*(пять минут спустя)*

**Мастер Тереза:** И так, какую стрижку вы хотите? Вы хотите сделать короткую стрижку?

**Кортни:** Нет, я бы этого не хотела! В прошлый раз вы состригли все мои прекрасные волосы, и это было просто ужасно! Я бы хотела, чтобы вы подровняли мне челку и секущиеся кончики. Еще я хотела бы вас попросить покрасить мои волосы, так как корни уже отросли. У вас есть какие-нибудь особые скидки или специальные предложения на сегодня?

**Мастер Тереза:** Да, в качестве специального предложения к причёске в нашем салоне мы предлагаем бесплатный классический французский маникюр. Украшения, яркие оттенки, наращивание ногтей в предложение не входят, и оплачивается отдельно. Хотите, чтобы я сначала вымыла ваши волосы?

**Кортни:** Да, пожалуйста. Я бы хотела получить бесплатный маникюр, мастера в вашем салоне – лучшие в этом городе. Вы не могли бы придать моим волосам немного объёма?

**Мастер Тереза:** Вот так?

**Кортни:** Да, все замечательно, спасибо. Мои волосы очень тяжело выпрямить или завить локонами, поэтому я обычно их заплетаю. Пожалуйста, не надо лака.

**Мастер Тереза:** Ну, все готово. Хотите, чтобы я выщипала ваши брови и привела их в порядок?

**Кортни:** Нет, спасибо, этого достаточно. Сколько с меня?

**Мастер Тереза:** 54\$ за причёску. Пожалуйста, сообщите администратору, что вы получили бесплатный маникюр в подарок. Оплатить наши услуги вы можете в кассе.

**Кортни:** Большое спасибо. В этот раз все выглядит чудесно! Я буду вас рекомендовать своим родным и друзьям. Запишите, пожалуйста, моего мужа на завтра на 8 часов.

**Мастер Тереза:** Конечно, миссис Торнтон. До свидания.





5. Составьте свой диалог на тему «В салоне красоты».

6. Подведение итогов работы, оценивание.

### **Тема 3.10. Moda и стиль. Направления моды, бренды.**

#### **Практические занятия № 61 – № 62. Moda и стиль.**

#### **Направления моды, бренды.**

**Цель работы:** совершенствование навыков чтения и развитие навыков говорения на основе прочитанного текста.

**Оборудование:** тетрадь, письменные принадлежности, словарь.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 6 часов.

#### **Ход работы:**

**1. Ответьте на вопрос:**

Do you think that fashion is important? Explain why or why not.

**2. Прочтите и переведите текст:**

#### **FASHION**

Fashion is something we deal with everyday. Even people who say they don't care what they wear choose clothes every morning that say a lot about them and how they feel that day.

One certain thing in the fashion world is change. We are constantly being bombarded with new fashion ideas from music, videos, books, and television. Movies also have a big impact on what people wear. Ray-Ban sold more sunglasses after the movie Men In Black. Sometimes a trend is world-wide. Back in the 1950s, teenagers everywhere dressed like Elvis Presley.

Fashion is revealing. Clothes reveal what groups people are in. In high school, groups have names: "goths, skaters, preps, herbs." Styles show who you are, but they also create stereotypes and distance between groups. For instance, a businessman might look at a boy with green hair and multiple piercings as a freak and outsider. But to another person, the boy is a strict conformist. He dresses a certain way to deliver the message of rebellion and separation, but within that group, the look is uniform. Acceptance or rejection of a style is a reaction to the society we

live in. Fashion is a language which tells a story about the person who wears it. "Clothes create a wordless means of communication that we all understand," according to Katherine Hamnett, a top British fashion designer.

Fashion is big business. More people are involved in the buying, selling and production of clothing than any other business in the world. Everyday, millions of workers design, sew, glue, dye, and transport clothing to stores. Ads on buses, billboards and magazines give us ideas about what to wear, consciously, or subconsciously. Clothing can be used as a political weapon. In nineteenth century England, laws prohibited people from wearing clothes produced in France. During twentieth century communist revolutions, uniforms were used to abolish class and race distinctions.

## МОДА

Мода – это то, с чем мы имеем дело каждый день. Даже те, кто говорит, что их не волнует, что они носят, выбирают одежду каждое утро, и она говорит много о них, и о том как они себя чувствуют в этот день.

Одна определенная вещь в мире моды – изменение. Мы постоянно обстреливаемся новыми модными идеями из музыки, видео, книг и телевидения. Фильмы также сильно влияют на то, что люди носят. Ray-Ban продала больше очков после фильма "Люди в черном". Иногда тенденция распространяется на весь мир. В 1950-х годах подростки во всем мире одевались как Элвис Пресли.

Мода показательна. Одежда показывает к какой группе людей вы принадлежите. В средней школе, есть группы : "готы, скейтеры, прэпс, биологи". Стили показывают, кто ты, но они также создают стереотипы, и создают расстояние между группами. Например, бизнесмен может смотреть на парня с зелеными волосами и многочисленным пирсингом, как на урода и аутсайдера. Но для другого человека, такой парень – строгий конформист. Он одевается определенным образом, чтобы донести идею восстания и разделения, но в рамках его группы такой вид – униформа. Принятие или отказ от стиля – реакция на общество, в котором мы живем. Мода – язык, который рассказывает историю человека, который его носит. "Одежда создает бессловесное средство связи, которое мы все понимаем," – согласно Кэтрин Хэмнетт, ведущим британским дизайнером моды.

Мода – это большой бизнес. Больше людей принимают участие в покупке, продаже и производстве одежды, чем в любом другом бизнесе в мире. Каждый день миллионы рабочих создают, шьют, клеят, красят и транспортируют одежду в магазины. Реклама на автобусах, рекламные щиты и журналы дают нам идеи о том, что носить, сознательно или подсознательно. Одежда может быть использована в качестве политического оружия. В девятнадцатом веке в Англии законы запрещали людям носить одежду французского производства. В двадцатом веке революционеры использовали униформу для отмены классовых и расовых признаков.

**3. Составьте вопросы к тексту.**

**4. Перескажите текст с опорой на свои вопросы.**

**5. Прочтите и переведите диалог:**

## FASHION

**Rose:** I think fashion force people to waste their money and time to no purpose.

**Elisabeth:** I, for one, fully disagree with you.

**Rose:** Why? Do you know the world better?

**Elisabeth:** Our world could become a boring place without fashion and changes it brings to our life.

**Rose:** How can fashion change our life?

**Elisabeth:** It doesn't only bring changes. It is also a form of marketing. But its images are artificial and they never translate into our reality.

**Rose:** But most people understand fashion images as an attempt and a mean to catch one`s interest. Do you often buy fashion magazines?

**Elisabeth:** Very seldom.

**Rose:** Even if you don't buy fashion magazines you often see various fashionable advertisements in various newspapers and magazines.

**Elisabeth:** That is true, but I think they are an awful waste of paper. The most people throw them straight into litter-boxes.

**Rose:** But many people read these magazines and newspapers before throwing them into dustbins.

**Elisabeth:** The most readers don't add anything to the cost of a magazine or of a newspaper.

**Rose:** But there are two things to take into consideration. The first one is the cost to our environment. The second one is the fact the advertiser pays.

**Elisabeth:** Of course, it's true.

**Rose:** But when we buy clothes, we want to know if they are comfortable and for what time.

**Elisabeth:** Some people purchase clothing to look nice.

**Rose:** People have always liked clothes.

**Elisabeth:** Sure, but many people waste their money while others feel the need.

### МОДА

**Роза:** Я думаю, что мода заставляет людей впустую тратить свои средства и свое время.

**Элизабет:** Лично я полностью с тобой не согласна.

**Роза:** Почему? Ты лучше знаешь жизнь?

**Элизабет:** Наш мир превратился бы в скучное место без моды и тех изменений, которые она приносит в нашу жизнь.

**Роза:** Как мода может изменить нашу жизнь?

**Элизабет:** Она не только приносит изменения. Это еще и определенная форма маркетинга. Но ее образы придуманные, они никогда не переносятся полностью в реальность.

**Роза:** Но большинство людей воспринимает модные образы как попытку и средство привлечь чей-то интерес. Ты часто приобретаешь модные журналы?

**Элизабет:** Очень редко.

**Роза:** Даже если ты не покупаешь модные журналы, ты часто видишь разнообразные модные рекламы в различных газетах и журналах.

**Элизабет:** Это так, но я думаю, что они представляют собой жуткое растрачивание бумаги. Большинство людей сразу выбрасывают их в урны.

**Роза:** Но многие люди прочитывают эти журналы и газеты до того, как выбросить их в мусорные ящики.

**Элизабет:** Большинство читателей не вносят никакой лепты в стоимость журнала или газеты.

**Роза:** Но есть две вещи, которые нужно принять во внимание. Первая - это расходы на окружающую среду. Вторая - это тот факт, что рекламодатель платит.

**Элизабет:** Да, это так.

**Роза:** Но когда мы покупаем одежду, мы хотим знать, комфортны ли они, и сколько это продлится.

**Элизабет:** Некоторые люди покупают одежду, чтобы хорошо выглядеть.

**Роза:** Люди всегда любили тряпки.

**Элизабет:** Конечно, но многие люди тратят свои деньги, в то время как другие испытывают нужду.

**6. Разыграйте диалог по ролям.**

**7. Составьте свой диалог.**

**8. Подведение итогов работы, оценивание.**

## Тема 3.11. Профессиональная этика. Поведение работника салона. Профессиональный имидж.

## Практические занятия № 63 – 65. Профессиональная этика. Поведение работника салона с работодателем и клиентами. Профессиональный имидж.

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** тетрадь, письменные принадлежности, словарь.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 6 часов.

### Ход работы:

**1. Запомните произношение и значение следующих слов и словосочетаний (активная лексика):**

ethics – этика	competitive – конкурентноспособный
behave – вести себя	to perform – выполнять
behavior – поведение	to complain – жаловаться
career – профессия, карьера	to use good judgment – проявлять здравый смысл
communicate – общаться	to fulfill one's obligations – выполнять обязанности
profession – профессия	employer – работодатель, предприниматель
artistic abilities – художественные способности	coworker – сотрудник
knowledge – знания	guidelines – правила
skill – опыт, навык	employee – служащий
staff – персонал	fellow employee – сослуживец
fashion-conscious – следующий моде	value – ценность
conduct – поведение	honesty – честность
environment – среда, окружение	fairness – справедливость
relaxed – спокойный	courtesy – вежливость, любезность
to arrange (make) appointments – записаться	respect – уважение. чувство
schedule – график, план	feeling – чувство
to schedule – составить график	
courteous – вежливый	

**2. Прочтите и переведите текст:**

### **PROFESSIONAL SALON CONDUCT**

**Salon conduct** is the way you behave when you are working with clients, your employer and coworkers in a salon.

You have chosen to become a hairdresser, a beautician, a make-up artist or any other profession of beauty industry. They are the fast growing and most creative, rewarding, and high-paying profession in the field of service today. You will use latest technology to cut and style hair, perform facials or manicures. You will use your artistic abilities to create original hairstyles, make-up or nail design. Your work will be relaxed and comfortable, with many successful and fashionable clients. You will be part of the beauty industry.

Because beauty industry professions are complex, changing professions you will want to continue learning even after you receive a license and diploma. You may start your career in a salon. As you develop your knowledge and skills, you may want to move into other career areas in beauty industry. These include teaching hairdressing or beauty technologies in beauty schools or demonstrating products at shows or stores. You can become a salon owner or even the profes-

sional hairdresser or make-up artist for fashion models or actors on the stage, in movies or on TV.

Hairdressing, facials or nail services are enjoyed by millions of fashion-conscious people from many social and economic groups. These services are performed by licensed professionals who have completed up to 500 hours of classroom instruction. During instruction they become skilled in using the latest techniques while following proper sanitation and safety procedures to protect both themselves and their clients. They also learn how to handle the business aspects of their profession.

You will become a successful worker of beauty industry by studying hard and learning the skills and professional manner to make all your clients feel like 20<sup>th</sup> Century kings and queens.

**3. Дайте определение термину «поведение салона».**

**4. Найдите в тексте словосочетания, эквивалентные следующим:**

благодарные и высоко оплачиваемые профессии; новейшие технологии; начать карьеру; аудиторное обучение; владелец салона; надлежащие санитарные нормы вести бизнес.

**5. Ответьте на вопросы:**

1. What is professional salon conduct?
2. How would you describe the professions of beauty industry?
3. Why is it important to have artistic abilities for the workers in beauty industry?
4. Where can they work?
5. What should the follow to protect both themselves and their clients?

**6. Подведение итогов работы, оценивание.**

### **Тема 3.12. Поиск работы. Резюме. Собеседование.**

#### **Практические занятия № 66 – № 67. Поиск работы. Резюме. Собеседование.**

#### **Дифференцированный зачет.**

**Цель работы:** активизация лексики по теме в разных видах деятельности: чтение, аудирование, говорение.

**Оборудование:** тетрадь, письменные принадлежности, словарь.

**Информационное обеспечение:**

**Основные источники:**

Агабекян И.П. Английский язык: учебное пособие для СПО. Ростов на/Д.: Феникс, 2015.

**Дополнительные источники:**

Мюллер В.К. Англо-русский и русско-английский словарь / В.К. Мюллер. – М.: Эксмо, 2016.

**Время выполнения:** 6 часов.

#### **Ход работы:**

**1. Познакомьтесь с формой резюме:**

В США резюме принято называть Resume, в Европе – CV (Curriculum Vitae):

- Личная информация (Personal Information)
- Цель (Objective)
- Опыт работы (Work Experience) если есть.
- Образование (Education)
- Специальные навыки (Additional Skills)
- Рекомендации (References)

**2. Выучите наиболее употребляемые слова:**

directed, led managed, supervised; achieved, delivered, drove, generated, grew, increased, initiated, instituted and launched; cut, decreased, reduced, slashed; accelerated, created, developed, established, implemented, instituted, performed, pioneered, planned, produced, reengineered, restructured, saved and transformed.

**3. Переведите резюме, составленного на определенное объявление о вакансии:**

**Объявление о вакансии**

Large European pharmaceutical company seeks for **Clinical Research Associate**

**The ideal candidate should have:**

Medical or pharmaceutical degree;  
At least 1 year experience as researcher;  
Fluent English;  
Advanced computer skills;  
Goodwill to learn and work hard;  
References on request.

**We offer:**

Competitive package;  
Trainings.

**Kindly send your CV to attention Recruitment manager fax 916 20 35**

**Резюме**

**DR. ALEXANDR IVANOVICH CHUTRENOV**

**Ul. Finnskaya, 31/2-34**

**Moscow, RUSSIA**

Tel: +7 (095) 874 2854

Email: a.chutrenov@moskdat.ru

**OBJECTIVE**

**Clinical Research Associate**

Having completed many years in my specialist field of treatment of leukemia, I have decided that the time is right for a change in area of specialization. Completing my Ph.D. was one of the most exciting and challenging periods of my life and I want to experience such a steep learning curve again in another medical field. The position of Research Associate would therefore be very suitable for me as I have many years' experience at prestigious medical institutes and have studied in Russia, Germany and in the United States. My level of language is therefore exceptional, and my communication skills have been thoroughly tested. I am looking to broaden my knowledge of medicine, to which I have devoted my life and feel that I would be a particularly suitable candidate for the position.

**PERSONAL DETAILS**

Date of Birth: 12 April 1969

Marital Status: Married

**EDUCATION**

- 1993-1996: **New York University of Medicine**  
– Major field of studies:  
– Research into Pharmaceuticals of Treatment of Leukemia
- 1987-1993: **Moscow State University (MGU)**  
– Major field of studies:  
– Medicine and Pharmaceutical Research  
– Qualification: Doctor of Pharmaceuticals (PhD)

**WORK EXPERIENCE**

- August 2002 – present: **Pharmaceutical Researcher at Pfizer, UK**  
– Research into the effective treatment of leukemia  
– Focusing on the reduction of treatment side-effects  
– Organizing personal funding of research and funding of departmental research  
– Organizing pharmaceutical testing  
– Liaising with other research departments

- Organizing interns and student work experience
- Oct. 1996 – **Research Assistant, Pfizer, Germany**
- June 2002 – Research into alternative therapies of renal cancer and leukemia
- Organizing departmental funding
- Sept. 1993 – **Research Assistant, New York, USA**
- June 1995 – Research into alternative therapies for cancer patients

#### ADDITIONAL SKILLS

- Languages: – English – Advanced Level / Cambridge Proficiency  
 – German – Advanced Level
- Computer skills: – Experienced with MS Word, Excel, Internet Explorer and Outlook Express, Turbo Cad, many analytic programs.
- Driving License: – Driving License Category A  
 – Qualified and highly professional; highly motivated; enthusiastic; good communication skills; eager to experience and learn new skills.

#### 4. Составьте резюме, согласно следующим рубрикам:

- a. Objective
- b. Qualification
- c. Education
- d. Language
- e. Work history
- f. Personal

#### 5. Запомните произношение и значение следующих слов и словосочетаний (активная лексика):

- reference – отзыв, рекомендация  
 present a list of references – предоставить список отзывов  
 tense – напряженный  
 polite – вежливый  
 be confident – быть уверенным  
 persuade – убеждать  
 regular duties – обычные обязанности  
 be an asset for the company – быть приобретением для компании  
 give a good representation – хорошо представить  
 demand – требовать  
 appoint the date – назначить дату

#### 6. Прочтите и переведите текст:

##### INTERVIEW

An interview is an important event in the life of every job applicant. It can be the last test on the way to a new position. That's why it's very important to be well prepared for an interview.

Come in time to the appointed place for an interview. Don't forget to take all the necessary documents for your better presentation (references, characteristics, diplomas).

Don't be nervous and tense with the interviewer, be polite and listen attentively to all the questions you are asked. If you are confident in what you talking about it will make a good impression on the interviewer. Try to give full and clear answers to the questions. Be ready to discuss the details of your future work. Try to persuade the interviewer that you are the best candidate for the chosen position and an asset for the company. Don't talk about personal questions if they are not connected with the future work.

Don't hesitate to describe fully your responsibilities and regular duties at the previous job if you are asked. Show that you are thinking ahead in your career development. Be ready to explain the reasons of your desire to change the work. Tell about your educational history and ob-

tained degree. Don't forget to mention your computer skills, language fluency if it's required by the company.

At the end of the interview thank the interviewer for his/her attention. Don't demand the immediate answer about his/her decision, appoint the certain date for it.

**7. Найдите в тексте слова и словосочетания, эквивалентные следующим:**

кандидат; быть хорошо подготовленным к собеседованию; все необходимые документы; быть напряженным; производить хорошее впечатление; убеждать; обычные обязанности; причина; сведения об образовании; решение.

**8. Переведите следующие словосочетания на русский язык:**

an interview; a new position; an appointed place; a reference; a characteristic; a diploma; to be polite; to be confident; to be an asset for the company; to hesitate; responsibilities and regular duties; in smb's career development; language fluency.

**9. Заполните пропуски следующими словами и словосочетаниями, употребив их в правильной форме: *a list of references, to be an asset, to be nervous, an interview, to appoint, to be impressed, to be confident.***

1. Did you present ... to the interviewer?
2. My friend has got ... for tomorrow that's why he is so nervous.
3. The interviewer ... by my experience in this field.
4. He was ... and they didn't hesitate to take him for this position.
5. What date was ... for your interview?
6. The interviewer told me that Mr. White ... for any company.
7. Did you understand all the questions during ...?

**10. Составьте предложения со следующими словами и словосочетаниями:**

to get an interview, to interview smb, an interviewer;  
to be tense, tension;  
to be confident, confidence;  
regular duties, duty free, to be on duty;  
to refer, reference, list of references.

**11. Продолжите диалоги и разыграйте их:**

1. A.: Well, I see you've already had quite a lot of experience in the food industry. Could you dwell on your regular duties at your recent job?

B.: Yes, I can tell you that ...

2. A.: You mentioned earlier that you liked the people you had worked with. What features do you appreciate in your colleagues?

B.: I think that ...

3. A.: It seems to me you had a pleasant place to work. I'm surprised you are going to leave.

B.: You are quite right, but ...

4. A.: You mentioned that you had attended special language courses. How do you think it will help you in the future work?

B.: I suppose that ...

**12. Прочтите и переведите диалог на русский язык:**

**JOB INTERVIEW**





**Employer:** Good morning! How are you?

**Candidate:** Fine, thank you very much.

**Employer:** We made this appointment to speak about your personality traits and your professional skills. Please, tell us about yourself.

**Candidate:** I'm a very friendly person. Love to people helps me at solving different problems. I am responsible and diligent. I'm really good at working with personal computers and I'm very interested in programming (software engineering). When I was a university undergraduate I was twice awarded the second prize in the database programming competition.

**Employer:** Can you explain us, why should our company hire you?

**Candidate:** I can work very well with other people, because I'm a real team player. My qualification and professional skills help me to get any job done.

**Employer:** You mean you have never had a confrontation with your colleagues at your last place of work?

**Candidate:** No I haven't. I always resolved difficult problems without confrontation. I'm a very hard worker.

**Employer:** Tell us about your main negative and positive traits.

**Candidate:** I am outgoing optimist. I like people and I enjoy being around them. What about my negative traits... Well, I like to discuss the newest gadgets with my friend Paul very much, because they are a very important part of my life. Often we are fully unmindful of time and depress our relatives.

**Employer:** Maybe this side of your character exercises significant influence on your private life but it cannot be bad for your professional abilities.

### СОБЕСЕДОВАНИЕ ПРИ ПРИЕМЕ НА РАБОТУ

**Работодатель:** Доброе утро! Как Ваши дела?

**Кандидат:** Отлично, большое спасибо.

**Работодатель:** Мы назначили эту встречу, чтобы поговорить о Ваших личностных качествах и о Вашей профессиональной квалификации. Пожалуйста, расскажите нам о себе.

**Кандидат:** Я очень дружелюбный человек. Любовь к людям помогает мне решать разные проблемы. Я ответственный и исполнительный. Я действительно хорошо разбираюсь в персональных компьютерах и очень заинтересован в программировании. Когда я был студентом старших курсов университета, мне дважды присуждали второе место в конкурсе по программированию баз данных.

**Работодатель:** Вы можете нам объяснить, почему наша компания должна взять Вас на работу?

**Кандидат:** Я очень хорошо умею работать с другими людьми, поскольку я настоящий командный игрок (умею работать в коллективе). Моя квалификация и мои профессиональные навыки позволяют мне справляться с любой работой.

**Работодатель:** Вы имеете в виду, что у Вас никогда не возникало конфронтации с Вашими коллегами на прежнем месте работы?

**Кандидат:** Нет, никогда. Я всегда разрешал сложные проблемы без конфронтации. Я очень упорный в работе человек.

**Работодатель:** Расскажите нам о Ваших основных отрицательных и положительных качествах характера.

**Кандидат:** Я открытый и оптимистичный человек. Я люблю людей и с удовольствием нахожусь в их обществе. Что касается моих отрицательных черт характера... Что ж, мне очень нравится обсуждать с моим другом Полом самые последние технические новинки, поскольку они являются важной частью моей жизни. Зачастую мы совершенно забываем о времени и очень расстраиваем этим наших родных.

**Работодатель:** Возможно, Эта Ваша черта характера оказывает заметное влияние на Вашу частную жизнь, но Ваши профессиональные способности она никак ухудшить не может.

### 13. Ответьте на вопросы:

1. You are seeking a job for the first time. Is it necessary to prepare for an interview? Why do you think so? How will you do it?
2. Is it easy for you to present yourself fully in a short interview with an unknown person? If it is difficult, explain how you will overcome it. What or who will help you in this situation?
3. How do you imagine your future interview? What are the main rules of your behaviour?
4. How should you behave at the interview to achieve your goal? Demonstrate it: a) as an interviewer, b) as an applicant.

#### **14. Подведение итогов работы, оценивание.**

### **ЛИТЕРАТУРА**

#### **Основная:**

1. Агабекян И.П. Английский язык для обслуживающего персонала: учебное пособие, И. П. Агабекян – М.: ФЕНИКС СПО, 2017. – 319 с.
2. Безкорвайная Г.Т. Planet of English: Учебник английского языка: учебник для студентов учреждений сред.проф. образования / Г.Т. Безкорвайная. – М.: Издательский центр "Академия", 2019. – 256 с.
3. Голубев А.П. Английский язык : учебник для студентов учреждений сред.проф. образования / А.П. Голубев, Н.В. Балюк, И.Б. Смирнова. – 14-е изд., стер. – М.: Издательский центр "Академия", 2018. – 336 с.

#### **Дополнительная:**

1. Афанасьева, Дж. Дули, И.В. Михеева, Б. Оби, В. Эванс. – 2 изд. – М.: Express Publishing: Просвещение, 2017. – 248с.
2. Английский язык. 11 класс: учеб. для общеобразоват. учреждений / О.В. Афанасьева, Дж. Дули, И.В. Михеева, Б. Оби, В. Эванс. – 2 изд. – М.: Express Publishing: Просвещение, 2017. – 244с.
3. Карпова, Т.А. English for Colleges. Английский для колледжей: учеб. пособие. – 6-е изд., перераб. и доп. – М.: Дашков и К, 2017. – 320 с.

#### **Список используемых интернет-ресурсов:**

<http://www.abc-english-grammar.com>  
<http://www.lang.ru>  
<http://www.fluent-english.ru>  
<http://www.native-english.ru>  
<http://www.schoolenglish.ru>  
<http://www.englishforkids.ru>  
<http://www.englishclub.narod.ru>  
<http://www.english.language.ru>  
<http://lib.ru/ENGLISH/>  
<http://englishaz.narod.ru>  
<http://www.english.ru>  
<http://www.bilingual.ru>  
<http://denistutor.narod.ru>  
<http://www.homeenglish.ru>  
<http://www.websib.ru/noos/english/>  
<http://www.alex-ermakov.ru>  
<http://www.learn-english.ru>  
<http://www.mystudy.ru>  
<http://www.english4.ru>