

16.01. Урок 73

Тема: Допомога молоді з боку влади . Словотворення

I. Читати і перекладати

TEENAGERS AND DRUGS

Two separate surveys suggest that Britain's teenagers are amongst the heaviest drug-users and drinkers in Europe. The British government has introduced a number of measures to tackle the use and supply of drugs, particularly among young people.

The European School Survey Project on Alcohol and Other Drugs interviewed 15 and 16-year olds in 35 countries. 26 % of boys and 29 % of girls in the UK had indulged in binge drinking at least three times in the previous month. For the purpose of the study, binge drinking was classed as having more than five alcoholic drinks in a row. In the same survey, 42 % of boys and 35 % of girls admitted they had tried illegal drugs at least once.

According to another survey, by the European Monitoring Centre for Drugs and Drug Addiction, two in five 15-year-olds in the UK have tried cannabis. This number is higher than anywhere else in Europe. The UK has also the joint highest number of young cocaine users, alongside Spain.

The British government has recently unveiled new plans to fight the problem of drug abuse in the United Kingdom, also among teenagers. According to the new proposals, young offenders will have to attend drug treatment as part of community service. British police will be able to give people blood tests for drugs when they arrest them, not just when they charge them with an offence. Dealers working near a school or using children to help sell drugs will face tougher penalties.

But schools also try to fight the problem of drug use themselves. At the beginning of 2005 a British state school has introduced for the first time random drug testing. Students from a school in Kent will have mouth swabs taken to detect drug use. Each week 20 names will be selected by computer and the swabs sent off to a drug testing laboratory. Results will be available three days later. The school's head teacher says that no child will be tested against his or her wishes. Children who test positive will not be expelled from the school, but those who sell drugs will.

Homework

Write a short paragraph upon any problem above.

17.01.Урок 74

Тема: Молодіжні організації та громади. Питальні речення.

YOUTH ORGANIZATIONS IN UKRAINE

Everybody knows that the life of any age or generation is determined by the economic, social and political situation in the country. The split of the Soviet Union changed the lives of many people, especially young. The youth is unemployed more than any other age group because of their lack of working experience and knowledge. No doubt, it leads to the criminal situation in the country.

For this reason the Ukrainian Government created youth organizations in our country, which are meant to help young people to find their place in life. The most famous organization is: «The Students' League», they solve students' problems including economic ones. They usually organize youth forums, festivals and interest group meetings. They have ties with the Student Unions of many foreign countries.

It is not surprising that many political parties in Ukraine have youth wings: People's Democratic League of Youth; Ukrainian Social-Democratic Youth; the Union of Agrarian Youth; Leninist Communist Union of Youth of Ukraine, and others.

These youth organizations used to work under the guidance of their political parties. Their participants are active and influential in social and political life of the country. For example, they may form a coalition during the election campaign, such as «Youth for Leonid Kuchma».

To protest against the pollution of the environment young people organize the «greens» movement. Their purpose is to help governmental and nongovernmental organizations to protect and preserve a safe environment in our country.

It would be a mistake to think that young people are not interested in self-consciousness. For example, the «Young Prosvita» constantly raises self-consciousness and promotes Ukrainian culture among young generation.

It must be admitted that in the early 1990s the Union of Pioneer organizations was also set in Ukraine. They unite children and teenagers from 10 to 15 years old. They help children to become worthy citizens of their country.

The Boy Scout organization is also developing in Ukraine. It is based on the principles of British and American organizations.

QUESTIONS

1. What is the reason of creating youth organizations?
2. What are the most popular organizations in Ukraine?
3. What is their role in the political life of the country?
4. Do they raise self-consciousness of young people?
5. Have you ever been a member of some youth organization?

VOCABULARY

is determined — визначений

split — розпад

experience — досвід

participant — учасник

19.01. Урок 75

Тема: Здоровий спосіб життя.

1. Read and choose the best equivalents for phrasal verbs.

- 1) To get an illness from someone is to .
 - a) pick it up
 - b) truck it in
 - c) take it away
- 2) To try hard to get rid of an illness is to .
 - a) tide it over
 - b) cave in

- c) fight it off
- 3) If a part of your body gets bigger and rounder because of injury or illness it .
 - a) comes out
 - b) kicks in
 - c) swells up
- 4) Another expression for vomiting is to .
 - a) throw up
 - b) toss out
 - c) pass out
- 5) To be able to eat or drink without vomiting is to .
 - a) keep it down
 - b) get over it
 - c) dip into
- 6) To become unconscious is to .
 - a) go out
 - b) black out
 - c) knock over

2. Topic Healthy Way of Life.

To become a healthier person, you should follow some rules:

Get a lot of sleep. Sleep is food for the brain. If you sleep little, you will look bad, bad and feel work poorly. Teens need about 9 hours of sleep every night.

Eat healthy food. Healthy eating habits are very important for our health. A balanced diet should include different kinds of products, such as

- Dairy products: milk, cheese, cottage cheese, sour-cream
- Meat: pork, mutton, lamb, poultry, beef
- Fruit: peaches, pineapples, oranges, bananas
- Vegetables: beetroots, cauliflower, peas, pepper, cabbage, leek, onions
- Grains: bread, wheat, corn, buckwheat

You should try to eat more homemade food and less junk food or fast food. People, who eat fast food, can become overweight. Fast food has a lot of additives, flavorings and preservatives.

Do exercises. To be healthy and fit a person should exercise more. It's possible to lose weight and become fitter just doing regular exercises. You can jog every morning or do-stretching exercises in the evening.

Say no to addictions. There are two types of addiction – substance addiction and behavioral addiction. People can become addicted to drugs, alcohol, tobacco, sniffing glue or petrol. They can also be addicted to gambling or playing computer games. As for me, I have no bad habits as I understand: the more you care about your health, the longer you will live.

Торіс "Здоровий спосіб життя" – переклад.

Щоб стати більш здоровою людиною, ви повинні дотримуватися деякі правила:

Спіть багато. Сон – їжа для мозку. Якщо ви мало спите, ви будете погано виглядати, почувати себе погано і працювати погано. Підліткам потрібно близько 9 годин сну щоночі.

Їжте здорову їжу. Здорові пристрасті в їжі дуже важливі для нашого здоров'я. Збалансований раціон повинен включати різні види продуктів, такі як

- Молочні продукти: молоко, сир, сметана.
- М'ясо: свинина, баранина, ягня, птиця, яловичина.
- Фрукти: персики, ананаси, апельсини, банани.
- Овочі: буряк, кольорова капуста, горошок, перець, капуста, цибуля-порей, цибуля.
- Злаки: хліб, пшениця, кукурудза, гречка.

Ви повинні намагатися їсти більше домашньої їжі і менше нездорової їжі і фаст-фуду. Люди, які їдять фаст-фуд, може набрати надлишкову вагу. Фаст-фуд має багато добавок, ароматизаторів та консервантів.

Робіть вправи. Щоб бути здоровим і підтягнутим людиною, треба більше тренуватися. Можна схуднути і стати витривалішими просто робити регулярні вправи. Ви можете бігати вранці або робити вправи на розтяжку ввечері.

Скажіть "ні" шкідливим звичкам. Є два типи залежності – залежність від речовин і поведінкова залежність. Люди стають залежними від наркотиків, алкоголю, тютюну, нюхають клей або бензин. Вони також можуть бути залежні від азартних ігор або комп'ютерних ігор. Що стосується мене, у мене немає шкідливих звичок, так як я розумію: чим більше дбаєш про своє здоров'я, тим довше проживеш.