

**Комунальний заклад
«Бердянський медичний фаховий коледж»
Запорізької обласної ради**

Розглянуто і схвалено
на засіданні циклової комісії
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**ЗАВДАННЯ
ДО ДОМАШНЬОЇ КОНТРОЛЬНОЇ РОБОТИ
З АНГЛІЙСЬКОЇ МОВИ ЗА ПРОФЕСІЙНИМ СПРЯМУВАННЯМ
для студентів заочної форми навчання
спеціальності 226 «Фармація, промислова фармація»**

ПОГОДЖЕНО
Завідувач навчально-методичного
кабінету Заліська А. Заліська
«29» березня 2021
Завідувач відділення Порецький А. Порецький
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**Бердянськ
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Пояснювальна записка

Важливою формою спілкування викладача зі студентом заочної форми навчання є домашня контрольна робота. Даний збірник домашніх контрольних робіт з англійської мови за професійним спрямуванням призначений для студентів заочного відділення спеціальності 226 «Фармація» і містить контрольні завдання, вимоги і рекомендації щодо їх виконання та зразки виконання завдань.

Виконання контрольних робіт сприяють більш глибокому засвоєнню курсу з англійської мови за професійним спрямуванням. У процесі навчання і в подальшій практичній роботі майбутній фахівець буде постійно стикатись з необхідністю знання іноземної мови. Володіння іноземною мовою є важливим чинником з підвищення загальноосвітнього та спеціального рівнів підготовки медичних працівників. Зумовлено це потребою у спеціалістах зі знанням іноземної мови в сучасному суспільстві, яке характеризується значним розширенням зовнішньоекономічних зв'язків, входження в Болонський процес, зміненою структурою медичного обслуговування, збільшенням видань та надходжень спеціальної літератури з медицини іноземною мовою із-за кордону. Необхідність надання консультацій іноземцям у нашій країні, можливість стажування за кордоном передбачають знання іноземної мови.

Предметом вивчення іноземної мови (за професійним спрямуванням) є проблеми в галузі фармації та хімії, пов'язані з конкретною спеціалізацією студентів та науково-технічним і культурним співробітництвом з іншими країнами, а також повсякденні і ділові контакти, ділове спілкування в усній та письмовій формі.

Завдання домашньої контрольної роботи охоплюють всі основні теми передбачені програмою для даної спеціальності.

Виконання вправ слід починати тільки після вивчення лексики та граматичних правил. Вивчивши лексику і виконавши запропоновані

завдання та тренувальні вправи в повному обсязі студенти може починати виконувати домашню контрольну роботу та готуватися до заліку.

Вимоги до виконання та оформлення домашньої контрольної роботи

В процесі вивчення предмету студенти виконують 1 домашню контрольну роботу. Студент виконує домашню контрольну роботу на стандартних аркушах формату А4, шрифт Times New Roman кегль 14, інтервал полуторний, поля: ліворуч - 3 см, праворуч - 1,5 см, зверху і знизу - по 2 см або пише від руки. Робота повинна мати титульний аркуш установленого зразку. Варіант контрольної роботи вибирається за номером студента в списку групи.

Кожна контрольна робота складається із декількох завдань. Усі завдання виконуються в повному обсязі, із дотриманням послідовності їх виконання. На всі запитання дається повна і чітка відповідь. Перестановка чи зміна умов завдання не дозволяється.

Зазначається номер контрольної роботи, номер завдання, переписується його зміст і далі дається відповідь на завдання.

Контрольна робота відсилається чи здається в коледж не пізніше ніж за 10 днів до початку сесії.

Тільки після виконання домашньої контрольної роботи та отримання зареєстрованої, перевіреної та зарахованої контрольної роботи, студент заочної форми навчання допускається до складання диференційованого заліку. Якщо роботу не зараховано, необхідно вивчити теоретичний матеріал, виконати завдання, зважаючи на зауваження викладача, й повернути роботу до коледжу для повторного рецензування.

Контрольна робота повинна бути подана відповідно до встановлених термінів.

У випадку необхідності додаткових пояснень по виконанню домашньої контрольної роботи студент може отримати консультацію у викладача або звернутися в учбову частину заочного відділення.

Рекомендації щодо виконання завдань домашньої контрольної роботи

1. Ознайомитись із завданнями відповідного варіанту домашньої контрольної роботи (за номером студента в списку групи).
2. Ознайомитись із правильним виконанням та оформленням домашньої контрольної роботи (зразок виконаної домашньої контрольної роботи можна знайти в кінці цього документу, після всіх варіантів контрольної роботи).
3. У випадку необхідності додаткових пояснень по виконанню домашньої контрольної роботи отримати консультацію у викладача або звернутися в учбову частину заочного відділення.
4. Закріпити вивчений граматичний та лексичний матеріал, який необхідний для виконання завдань домашньої контрольної роботи, за допомоги конспекту, додаткових довідників, підручників, сайтів (перелік рекомендованої літератури можна знайти в кінці цього документу, після всіх варіантів контрольної роботи).
5. Перевірити свої знання за допомогою тестів для самоконтролю за допомоги додаткових довідників, підручників, сайтів.
5. Тільки після того, як будуть виконані всі види робіт, приступити до виконання контрольної роботи. Якщо при виконанні завдань виникли труднощі, необхідно повернутися до теоретичного матеріалу.
6. Відіслати чи здати виконану домашню контрольну роботу в коледж не пізніше ніж за 10 днів до початку сесії.

TEST 1

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

VITAMINS

A vitamin is an organic compound which is required as a nutrient in tiny amounts by an organism. All natural vitamins are organic food substances which are found only in living things, that is, plants and animals. With few exceptions, the body cannot manufacture or synthesize vitamins. They must be supplied by the diet or in dietary supplements. Vitamins are essential to the normal functioning of our bodies. They are necessary for growth, vitality, health, general well being, and for the prevention and cure of many health problems and diseases.

Vitamins are classified by their biological and chemical activity, not their structure. Vitamins are classified as either water-soluble or fat soluble. The term vitamin does not include other essential nutrients such as dietary minerals, essential fatty acids, or essential amino acids, nor does it encompass the large number of other nutrients that promote health but are otherwise required less often.

There are 13 vitamins your body needs. They are vitamins A, C, D, E, K and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate). You can usually get all your vitamins from the foods you eat. Vitamins D and K can be also made by your body itself. People who eat a vegetarian diet may need to take a vitamin B12 supplement.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes: People who eat a vegetarian diet need to take a vitamin B12 supplement.

TEST 2

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

What are proteins and what do they do?

Proteins are large, complex molecules that play many critical roles in the body. They do most of the work in cells and are required for the structure, function, and regulation of the body's tissues and organs.

Proteins are made up of hundreds or thousands of smaller units called amino acids. These units are attached to one another in long chains. There are 20 different types of amino acids that can be combined to make a protein. Each protein's unique 3-dimensional structure and its specific function are determined by the sequence of amino acids.

Proteins are described according to their large range of functions in the body, listed in alphabetical order.

Antibody. Antibodies bind to specific foreign particles, such as viruses and bacteria, to help protect the body.

Enzyme. Enzymes carry out almost all of the thousands of chemical reactions that take place in cells. They also assist with the formation of new molecules by reading the genetic information stored in DNA.

Messenger. Messenger proteins, such as some types of hormones, transmit signals to coordinate biological processes between different cells, tissues, and organs.

Structural component. These proteins provide structure and support for cells. On a larger scale, they also allow the body to move.

Transport/storage. These proteins bind and carry atoms and small molecules within cells and throughout the body.

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3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

They also assist with the formation of new molecules.

TEST 3

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

DIFFERENT TYPES OF MEDICINES

There are many different types of medicines available to us today, some of which cure diseases while others make us feel better and able to carry on with our lives.

They include:

- medicines which destroy infectious organisms, e.g. antibiotics;
- medicines which relieve symptoms but do not destroy pathogens, e.g. different kinds of pain killers such as ibuprofen, paracetamol;
- medicines which destroy cancer cells (anticancer medicines are often given in combination, e.g. mitomycin, ifosfamide and cisplatin (MIC);
- medicines which change the chemistry of the blood, eg statins which help reduce cholesterol levels;
- medicines which replace missing chemicals in the blood, e.g. insulin.

Personalized medicines are medicines which are prescribed using information from studies of the human genome to identify the best medicine to use for a particular genotype. Particular groups of people, or particular types of cancers, will be given specific drugs. Medicine will be stratified so that everyone gets the medicine which will work best for them based on genetic information rather than trial and error. Not only will this mean people are treated more successfully but also the risk of unpleasant side effects will be kept to a minimum.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

There are many different types of medicines available to us today.

TEST 4

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

FORMS OF MEDICINES

Most medicines come in a variety of types or formats.

Liquid. The active part of the medicine is combined with a liquid to make it easier to take or better absorbed. Liquid forms: mixture, solution, syrup.

Tablet. The active ingredient is combined with another substance and pressed into a round or oval solid shape. Soluble or dispersible tablets are dissolved in water.

Capsules. The active part of the medicine is contained inside a plastic shell that dissolves slowly in the stomach.

Topical medicines. These are creams, lotions or ointments that are applied directly onto the skin. They come in tubs, bottles or tubes.

Suppositories. The active part of the medicine is combined with another substance and pressed into a 'bullet shape' so it can be inserted into the rectum.

Drops. These are often used where the active part of the medicine works best if it reaches the affected area directly. They tend to be used for eye, ear or nose.

Inhalers. The active part of the medicine is released under pressure into the lungs.

Injections. There are various types of injection, differing in how and where it is injected. Subcutaneous or SC injections are given under the surface of the skin. Intramuscular (IM) injections - into a muscle. Intrathecal injections are given into the fluid around the spinal cord. Intravenous (IV) injections are given into a vein.

Implants or patches. Some medicines are absorbed by the body through the skin, such as nicotine patches for help in giving up smoking or contraceptive implants.

Buccal or sublingual tablets or liquids. These look similar to normal tablets or liquids but they are not swallowed. Buccal medicines are held in the cheek so that the mouth lining absorbs the active ingredient. Sublingual medicines work in the same way but are put underneath the tongue.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Most medicines come in a variety of types or formats.

TEST 5

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

DEVELOPMENT OF PHARMACY AND MEDICINE IN EUROPE

Pharmacy was born in old times when people started to search for remedies for ailment treatment. First European pharmacies appeared in 1100 in monasteries. Monks prepared remedies and supplied them to those who needed them free of charge. At the same time first prescriptions were created and they began with the words "Good luck". 100 years later first city pharmacies were opened in Venice. Specialists for those pharmacies were trained in accordance with widely accepted scheme: pupil — apprentice — master. Such a training process took 10 —15 years (depending on the abilities of each person).

Until the end of the 9th century there were no pharmacies in Europe (pharmacies as commercial entities) where a customer could order some remedies. So, people made their own "medicines" collecting and processing minerals and other ingredients. The earliest ever found Pharmacopoeia Articles for different medicines were created and collected by monastery scientists. But monastic schools (where a pharmacist was a therapist, a surgeon, a pharmacist and a professor combined) had no such scientific opportunities as offered by popular universities in Oxford, Salamanca, Prague, Heidelberg and other European cities. So, in the 13th century those Universities were at the height of their fame.

In the 15th century the term "provisor" appeared for the first time. The first proper pharmacopoeia was launched in 1581 in Spain. The first educational establishments with a proper pharmaceutics course were opened in Montpellier (France), Padua, and Barcelona in the middle of the 16th century. Pharmacist associations were founded in Paris (Societe Libre des Pharmaciens), in Berlin (Obercollegium Medicum et Sanitatis) in 1796, and in London (The Royal

Apothecary School) in 1842. The practice of pharmacist training at universities was first introduced in France and England at the beginning of the 19th century.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Monks prepared remedies and supplied them to those who needed them free of charge.

TEST 6

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

THE DEVELOPMENT OF PHARMACY AND MEDICINE IN UKRAINE

The practice of medicine production in early Kyiv Rus was based on national traditions. The knowledge was taken from ancient texts. First of all there were Greek texts, which were brought from Byzantium. It was the centre of trade and crafts in the 9th—11th centuries. The spread of knowledge was enforced due to orthodox monks from the Holy Mt. Athos (Greece).

In the 10th—13th centuries medico-pharmaceutical traditions were well founded in the Kyiv Rus and the main manuscript libraries were collected. Along with the major cities of Europe such libraries were collected in Kyiv, and Velykiy Novgorod.

The development of medical and pharmaceutical knowledge started after the establishment of good relations with Western Europe.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

The development of medical and pharmaceutical knowledge started after the establishment of good relations with Western Europe.

TEST 7

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

ALEXANDER FLEMING

Alexander Fleming (1881—1955) came from a Scottish family of farmers. He was born in August, 1881, at Lochfield Farm, the youngest of eight children. He did research work at St. Mary's Hospital under Almroth Wright, pioneer of vaccine therapy, and became interested in bacterial action and antibacterial drugs. After military service, during which he was able to make further studies of the problems of infections and use of antiseptics, Fleming returned to laboratory work. He was interested in antibacterial tissues.

The first fruit of his search was the discovery of the *penicillium*. His epochal discovery in 1928, of antibacterial powers of the mould from which penicillin is derived, was a great triumph. He found that a liquid mould culture, which he named penicillin, prevented growth of staphylococci. He died on March 11, 1955 in London, and was buried in St. Paul's Cathedral. He is known as the "father of antibiotics" and the brilliant medical student.

When he was fourteen Alec left home and went to live in London with his brother. Alec did not want to leave his happy country life, he would have liked to make farming his career. But he was sent by his mother to the Polytechnic School in London.

Fleming had to pass an examination before he could be allowed to enter a school of medicine. He took a few lessons and then sat for the exam. He passed on top, and became one of the most brilliant students the hospital had ever had.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

He did research work at St. Mary's Hospital.

TEST 8

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

HEALTH CARE SYSTEM IN UKRAINE

Ensuring health care for the population is one of the key functions of the state set out in the 1996 Ukrainian Constitution, with Article 49 stating that "the state creates conditions for effective medical services accessible to all citizens". Core components of the health care system in Ukraine include the Ministry of Public Health of Ukraine, responsible for setting national health policies, and certain specialized health care institutions directly managed and funded by it. The Ministry of Public Health is responsible for establishing the framework for the mandatory accreditation of public and private health facilities as well as licensing of health professionals, pharmaceutical manufacturers and distributors.

Today, the health care system is a complex multilayered system where responsibilities are distributed among central government, 27 regional administrations, numerous municipal and district, township and village levels. Primary health care facilities in Ukraine comprise more than 6500 facilities providing ambulatory patient care. The organization of primary care delivery is based on the territorial-district principle. There is no strict distinction between primary and secondary care in Ukraine. Patients may seek care by a specialist directly without formal referral by their district physician. Organization of secondary outpatient care is based on the territorial principle, with each polyclinic being assigned a defined area. Area residents are entitled to full diagnostics, examination and appropriate treatment and may be referred to the tertiary level when necessary. Tertiary care is provided mainly in regional hospitals and dispensaries. Larger multi-specialty hospitals are usually located in larger cities and may offer a fuller range of services. Treatment may be provided by physicians from both outpatient and inpatient departments of health facilities.

Accident and emergency care is provided by mobile teams of physicians or feldshers. At present, ambulance stations face a number of problems due to insufficiently or poorly maintained vehicles, insufficient funds to provide teams with necessary medicines and equipment for emergency care.

- 2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.**
- 3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information** (using your own words, not quoting the text literally).
- 4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.**
- 5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:**

There is no strict distinction between primary and secondary care in Ukraine.

TEST 9

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

PHARMACEUTICAL EDUCATION IN UKRAINE

In our country there is a wide network of institutions of higher medical education, in which pharmacists are trained. To enter a pharmaceutical faculty students take written entrance examinations in chemistry/ biology and Ukrainian. The course of study lasts for five years. During the first two years pharmacy students are taught general subjects, such as botany, physiology, general chemistry, physics, etc. During the third, fourth, and fifth years they have classes in special sciences, like pharmacology, pharmacognosy, pharmaceutical chemistry, etc. The students also have practical classes in laboratories, where physical and medical properties of medicines are studied by them. Pharmaceutical students have practical training at chemist's shops, where they are trained to work as pharmacists.

After graduation all pharmaceutical students have a period of internship, which lasts for one year. Here they are specialized in the following pharmaceutical specialties: "pharmacy", "clinical pharmacy", "technology of pharmaceutical preparations", and "technology of perfumery and cosmetic preparations".

At higher medical institutions of Ukraine there is also postgraduate study as a form of training scientific and teaching specialists. Postgraduate education is not compulsory. The thesis to get the Master's Degree or the Candidate of Science Degree are written by postgraduates. After completing the course of study at the pharmaceutical faculty graduates can work as managers, assistants, dispensing pharmacists or chemists-analysts at chemist's shops, pharmaceutical plants or chemical laboratories.

- 2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.**
- 3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).**
- 4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.**
- 5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:**

The course of study lasts for five years.

TEST 10

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

PHARMACEUTICAL EDUCATION IN GREAT BRITAIN

The first pharmaceutical colleges in Great Britain were founded at the beginning of the nineteenth century. The course of instruction leading to a degree in pharmacy was extended from four to five years in 1960. The first and frequently the second year of training, embracing general education subjects, are often provided by a school of arts and sciences. Many institutions, in addition, offer graduate courses in pharmacy and cognate sciences leading to the degrees of Master of Science and Doctor of Philosophy in pharmacy, pharmacology, or related disciplines. These advanced courses are for those, who are preparing for careers in research, manufacturing, or teaching in the field of pharmacy.

Several schools of pharmacy have now adopted a six-year professional course leading to the degree of Doctor of Pharmacy. This professional training includes many subjects common to the medical curriculum and involves training in hospital wards. In this service a professionally trained pharmacist is expected to give advice to the physician in the techniques of administering medication and possible interaction of drugs in the patient, along with expected side effects.

Since the treatment of the sick with drugs encompasses a wide field of knowledge in the biological and physical sciences, it is obvious that understanding of these sciences is necessary for adequate pharmaceutical training. The basic five-year curriculum in British colleges of pharmacy embraces physics, chemistry, biology, bacteriology, physiology, pharmacology, and many other specialized courses such as dispensing pharmacy. As the pharmacist is engaged in business as well, special training is provided in merchandising, accounting, computer techniques, and pharmaceutical jurisprudence. All other countries requiring licenses to practice offer the same basic curriculum with minor variations.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Professional training includes many subjects common to the medical curriculum.

TEST 11

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

NUTRITION

Nutrition is the science that deals with food and how the body uses it. Food provides certain chemical substances needed for good health. The substances, called nutrients, perform one or more of three functions: they provide materials for building, regaining or maintaining body tissues; they help to regulate body processes; they serve as fuel to provide energy. The daily diet should include a certain number of servings from each of five food groups: 1). vegetables, fruit; 2). breads, cereals, rice and pasta; 3). milk, yogurt and cheese; 4). meat, poultry, fish, dried beans and 5). peas, eggs and nuts.

There are six main groups of nutrients. *Water* is the most critical nutrient. The body needs water to carry out all its life processes. Carbohydrates include all sugars and starches. They serve as the main source of energy. The main sugar in food is *sucrose*, ordinary white or brown sugar. *Fructose* comes from most fruits and many vegetables. *Lactose* is found in milk. Foods containing starches include beans, breads, cereals, corn, pasta (macaroni). Fats are a highly concentrated source of energy and they are composed of an alcohol called glycerol and substances called fatty acids. Proteins provide energy and serve as one of the main building materials of the body. Muscle, skin, cartilage and hair are made up largely of proteins. Every cell contains proteins, which are called enzymes. Enzymes speed up chemical reactions. *Minerals* are needed for the growth and maintenance of body structures. *Calcium, magnesium, phosphorus* are essential parts of the bones and teeth. There are trace elements which include chromium, cooper, fluorine, iodine, iron and zinc. *Iron* is important hemoglobin. *Vitamins* should be supplied daily in the diet.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

They serve as the main source of energy.

TEST 12

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

NUTRITION GUIDELINES

A varied diet that includes every kind of nutrient is considered to be the key to good nutrition. To simplify the planning of a varied diet, there have been devised systems that group foods according to nutrient content. One such system divides foods into five groups: (1) vegetables, (2) fruit, (3) bread, cereals, rice and pasta, (4) milk, yoghurt and cheese, (5) meat, poultry, fish, dried beans and peas, eggs and nuts.

Additional guidelines, called Recommended Dietary Allowances (RDAs), are provided in the United States by the Food and Nutrition Board of the National Academy of Sciences.

The RDA for a particular nutrient may vary depending on person's sex and age. The RDA for iron, for example, is 12 milligrams for males age 11 to 18 and 15 milligrams for females age 11 to 50. The RDA for calcium ranges from 400 milligrams for infants under the age of 6 months to 1.200 milligrams for males and females age 11 to 24 and for pregnant women.

People also vary in their needs for energy. A person who plays sports daily, for example, needs more calories than someone who does little physical work. More calories are needed for children because they are growing. Pregnant women also need extra calories to provide enough nutrients for a healthy baby.

Among the core recommendations concerning healthy nutrition which are advised by specialists are the following: include fiber, limit your intake of saturated fats and cholesterol, limit your intake of sodium and sugar and beware of alcohol.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

One such system divides foods into five groups.

TEST 13

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

The Top 5 Deadliest Diseases

The news is filled with stories about Ebola, and breast cancer gets a lot of press too. Would it surprise you to know that neither makes the list of the 5 deadliest diseases? Even more surprising, perhaps, is that several of the deadliest diseases, including the number one killer in the world, are at least partially preventable.

1. **Coronary Artery Disease (Ischemic Heart Disease)** occurs when the blood vessels that supply blood to the heart are narrowed. The World Health Organization (WHO) estimates that about 7.4 million people died of ischemic heart disease in 2012. That was about 13.2 percent of all deaths.

2. **Stroke** is when an artery in the brain is blocked or leaks. Oxygen-deprived brain cells begin to die within minutes. Stroke was responsible for 6.7 million deaths around the world in 2012, according to WHO. This is about 11.9 % of all deaths.

3. **Chronic Obstructive Pulmonary Disease (COPD)** is a chronic, progressive lung disease that makes it hard to breathe. Chronic bronchitis and emphysema are types of COPD. About 3.1 million deaths were attributed to COPD in 2012, according to WHO. That represents about 5.6 percent of deaths.

4. **Lower Respiratory Infections** include pneumonia, bronchitis, and influenza.

WHO estimates that lower respiratory infections caused about 3.1 million, or 5.5 percent of deaths in 2012.

5. **Trachea, Bronchus, and Lung Cancers** are all respiratory cancers. The main causes of this type of cancer are smoking, second-hand smoke, and environmental toxins. WHO estimates that in 2012, 1.6 million people were killed by trachea, bronchus, and lung cancers (about 2.9 percent of all deaths globally).

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

The news is filled with stories about Ebola.

TEST 14

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

DRUG CLASSIFICATIONS

Drugs are categorized in a number of ways. In the world of medicine and pharmacology, a drug is classified by its chemical activity or by the condition that it treats. Anticonvulsant medications, for example, are used to prevent seizures, while mucolytic drugs break down mucus and relieve congestion. Anti-inflammatory painkillers are used to treat arthritis, sprains, painful periods, and other painful conditions. Antipyretic drugs are substances that reduce fever. Analgesic is any drug that relieves pain selectively without blocking the conduction of nerve impulses, markedly altering sensory perception, or affecting consciousness. This selectivity is an important distinction between an analgesic and an anesthetic. An anesthetic is a drug that causes anesthesia, a reversible loss of sensation.

In regards to addiction treatment and rehabilitation, the drug classifications used most often are the following five classes which are regulated by the Controlled Substances Act:

- **Narcotics** (drugs (as opium or morphine) that in moderate doses dull the senses, relieve pain, and induce profound sleep but in excessive doses cause stupor, coma, convulsions);
- **Depressants** (drugs that inhibit the function of the central nervous system (CNS) and are among the most widely used drugs in the world. These drugs operate by affecting neurons in the CNS, which leads to symptoms such as drowsiness, relaxation, decreased inhibition, anesthesia, sleep, coma, even death. Many depressants have the potential to be addictive);
- **Stimulants** (psychoactive drugs that induce temporary improvements in either mental or physical functions or both);

- **Hallucinogens** (drugs that alter perception (awareness of surrounding objects and conditions), thoughts, and feelings. They cause hallucinations, or sensations and images that seem real though they are not);
- **Anabolic steroids** (synthetic substances similar to the male hormone testosterone. They are prescribed to treat problems such as delayed puberty and other medical problems that cause the body to make very low amounts of testosterone. Steroids make muscles bigger and bones stronger).

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Drugs are categorized in a number of ways.

TEST 15

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

Chemical Classifications of Drugs

Depressants suppress or slow the activity of the brain and nerves, acting directly on the central nervous system to create a calming or sedating effect. This category includes barbiturates (phenobarbital, thiopental, butalbital), benzodiazepines (alprazolam, diazepam, clonazepam, lorazepam, midazolam), alcohol, gamma hydroxybutyrate (GHB). Depressants are taken to relieve anxiety, promote sleep.

Stimulants accelerate the activity of the central nervous system. Stimulants can make you feel energetic, focused, and alert. This class of drugs can also make you feel edgy, angry, or paranoid. Stimulants include drugs such as cocaine, crack cocaine, amphetamine, and methamphetamine.

Hallucinogens act on the central nervous system to alter your perception of reality, time, and space. They include psilocybin (found in magic mushrooms), lysergic acid diethylamide (LSD), peyote, and dimethyltryptamine (DMT).

Opioids act through the opioid receptors. They are commonly prescribed worldwide to treat pain and cough. These include drugs such as heroin, codeine, morphine, fentanyl, hydrocodone, oxycodone, buprenorphine, and methadone.

Inhalants are a broad class of drugs which are consumed through inhalation. Most of these substances exist in vapor form at room temperature.

Cannabis is a plant-derived drug that is the most commonly used illicit drug worldwide. It acts through the cannabinoid receptors in the brain. Cannabis is abused in various forms including bhang, ganja, charas, and hashish oil.

New psychoactive substances (NPS) are drugs which have been designed to evade the existing drug laws. Drugs such as synthetic cannabinoids, synthetic cathinones, ketamine, piperazines, and some plant-based drugs such as khat and kratom are the examples.

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3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Depressants suppress or slow the activity of the brain and nerves.

TEST 16

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

LEGAL CLASSIFICATIONS OF DRUGS

There have been established five classifications, or schedules for drugs by The Controlled Substances Act. These classifications are broken down based on their potential for abuse and if they have a legitimate medical use:

Schedule I includes the drugs with a high potential for abuse, and that the medical use in treatment haven't been currently accepted in the USA. Drugs such as cannabis, ecstasy, GHB, heroin, LSD, mescaline, methaqualone are included in Schedule I.

Schedule II: drugs that have a high potential for abuse, have currently accepted medical use in treatment in the USA or currently accepted medical use with severe restrictions, and that the abuse of may lead to severe psychological or physical dependence. Amphetamine, cocaine, fentanyl, hydromorphone oxycodone, and hydrocodone are in Schedule II.

Schedule III includes drugs that have a potential for abuse less than the drugs or other substances in schedules I and II, have a currently accepted medical use in treatment in the United States, and that the abuse of which may lead to moderate or low physical dependence or high psychological dependence. Drugs such as anabolic steroids, buprenorphine, and ketamine are included in Schedule III.

Schedule IV includes drugs that have a low potential for abuse relative to the drugs or other substances in schedule III, have a currently accepted medical use in treatment in the United States, and that the abuse of may lead to limited physical or psychological dependence relative to the drugs or other substances in schedule III. Benzodiazepines, modafinil, and tramadol are included in Schedule IV.

Schedule V: drugs that were proved to have a low potential for abuse relative to the drugs or other substances in schedule IV, have a currently accepted medical use in treatment in the United States, and that the abuse of may lead to limited physical or psychological dependence relative to the drugs or other substances in schedule IV. Drugs such as diphenoxylate (in combination with atropine), lacosamide, and pregabalin are listed in Schedule V.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

The Controlled Substances Act established five classifications for drugs.

TEST 17

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

HERBALISM

Herbalism is the use of plants for medicinal purposes, and the study of botany for such use. Plants have been used as the basis for medical treatments through much of human history, and such traditional medicine is still widely practiced today. According to the World Health Organization, approximately 25% of modern drugs used in the United States have been derived from plants. At least 7,000 medical compounds in the modern pharmacopoeia are derived from plants.

There are many forms in which herbs are administered, the most common of which is in the form of a liquid that is drunk by the patient—either a herbal tea or a plant extract. Whole herb consumption is also practiced either fresh, in dried form or as fresh juice.

Herbal teas, or tisanes, are the resultant liquid of extracting herbs into water, though they are made in a few different ways. Infusions are hot water extracts of herbs, such as chamomile or mint, through steeping. Decoctions are the long-term boiled extracts, usually of harder substances like roots or bark. Maceration is the old infusion of plants with high mucilage-content, such as sage, thyme, etc. Tinctures are alcoholic extracts of herbs, which are generally stronger than herbal teas. A nebulisate is a dry extract created by freeze-drying. Vinegars are prepared in the same way as tinctures, except using a solution of acetic acid as the solvent. Syrups are extracts of herbs made with syrup or honey.

Many herbs are applied topically to the skin in a variety of forms. Essential oil extracts can be applied to the skin, usually diluted in carrier oil. Salves, oils, balms, creams and lotions are other forms of topical delivery mechanisms. Inhalation, as in aromatherapy, can be used as a mood changing treatment to fight a sinus infection or cough or to cleanse the skin on a deeper level.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

There are many forms in which herbs are administered

TEST 18

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

PHARMACOLOGY

In general terms, pharmacology is the science of drug action on biological systems. In its entirety, it embraces knowledge of the sources, chemical properties, biological effects and therapeutic uses of drugs. It is a science that is basic not only to medicine, but also to pharmacy, nursing, dentistry and veterinary medicine. Pharmacological studies are ranged from those that determine the effects of chemical agents upon subcellular mechanisms, to those that deal with the potential hazards of pesticides and herbicides, and to those that focus on the treatment and prevention of major diseases by drug therapy. Pharmacologists are also involved in molecular modeling of drugs, and the use of drugs as tools to dissect aspects of cell function.

Integrating a depth of knowledge in many related scientific disciplines, pharmacologists offer a unique perspective to solving drug-, hormone-, and chemical-related problems which impinge on human health. As they unlock the mysteries of drug actions, discover new therapies, and develop new medicinal products, all our lives are inevitably touched upon by them.

While remarkable progress has been made in developing new drugs and in understanding how they act, the challenges that remain are endless. New discoveries regarding fundamental life processes always raise new and intriguing questions. The further research is stimulated by these questions and evoke the need for fresh insight.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

New discoveries regarding fundamental life processes raise new and intriguing questions.

TEST 19

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

BRANCHES OF PHARMACOLOGY

Pharmacology is the study of the effects of chemical agents of therapeutic value or with the potential toxicity on biological systems. It includes two closely associated areas: Pharmacodynamics and Pharmacokinetics. Pharmacodynamics is the study of the molecular, biochemical, and physiological effects of drugs on cellular systems and their mechanisms of action. Pharmacokinetics deals with the absorption, distribution, and excretion of drugs.

The pharmacological sciences are further subdivided into different areas. Here are listed some of them. **Behavioral pharmacology** studies the effects of drugs on behavior. **Cardiovascular pharmacology** concerns the effects of drugs on the heart, the vascular system, and parts of the nervous and endocrine systems.

Clinical pharmacology is the study of pharmacodynamics and pharmacokinetics in human beings. **Drug Discovery, Drug Development, and Regulatory Affairs** encompasses, but is not limited to target discovery and validation, combinatorial chemistry, clinical testing and drug regulation/registration, etc.

Drug Metabolism and Disposition are investigated via the studies of pharmacokinetics of drugs as well as the enzymatic metabolism of drugs. **Endocrine pharmacology** is the study of actions of drugs that are either hormones or hormone derivatives, or drugs that may modify the actions of normally secreted hormones.

In Veterinary pharmacology the use of drugs for diseases and health problems unique to animals is studied. **Systems and Integrative Pharmacology** is the study

of drug action and toxicity in the whole animal. The adverse/toxic effects of drugs and chemical agents are studied by **Toxicology**.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

It includes two closely associated areas.

TEST 20

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

PHARMACOGNOSY

Pharmacognosy is the study of drugs of natural origin. The term was derived from two Greek words: "pharmakon" meaning drug or medicine, and "gnosis" meaning knowledge. The American Society of Pharmacognosy defines pharmacognosy as "the study of the physical, chemical, biochemical and biological properties of drugs, drug substances or potential drugs or drug substances of natural origin as well as the search for new drugs from natural sources".

Plant preparations are said to be medicinal or herbal. This is true when they are used to promote health beyond basic nutrition. The study of drugs from plants includes the subjects of botany, chemistry and pharmacology. Saying "Botany" it is meant the identification (taxonomy), genetics, and cultivation of plants.

Chemical characterization of plants includes the isolation, identification and quantification of constituents in plant materials.

Pharmacology is the study of the biological effects that the chemicals in medicinal plants have on cell cultures, animals and humans.

A demand for studies in the field of pharmacognosy has been created by the renaissance of herbal medicine creates. From a practical perspective this includes: quality control (identity, purity, consistency), efficacy (therapeutic indications, clinical studies, pharmacological investigations), and safety (adverse reactions, drug interactions, contraindications, precautions).

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3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

The American Society of Pharmacognosy defines pharmacognosy as the study of the properties of drugs.

TEST 21

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

USING ANIMALS FOR TESTING: PROS VERSUS CONS

There are many pros and cons to the practice of animal testing. Unfortunately, neither seems to fully tip the scale to a side that pleases everyone – including the general public, government and scientists.

Pros of Animal Testing

1. The major pro for animal testing is that it aids researchers in finding drugs and treatments to improve health and medicine. Many medical treatments have been made possible by animal testing, including cancer, HIV drugs, insulin etc.

2. Improves human health. It is for this reason that animal testing is considered vital for improving human health and it is also why the scientific community and many members of the public support its use.

3. Helps ensure safety of drugs. Animal testing allows researchers to initially gauge the safety of drugs prior to commencing trials on humans. This means that human harm is reduced and human lives are saved.

Cons or Negatives of Animal Testing

1. Animals are killed or kept in captivity: in animal testing, countless animals are experimented on and then killed after their use. Others are injured and will still live the remainder of their lives in captivity.

2. Some substances tested may never be used for anything useful and will never actually see approval or public consumption and use. It is this aspect of animal testing that many view as a major negative against the practice, as it seems that the animal died in vain because no direct benefit to humans occurred.

3. Animals and humans are never exactly the same: there is also the argument that the reaction of a drug in an animal's body is quite different from the reaction in a human and some people believe animal testing to be unreliable.

While there are numerous pros and cons of animal testing, the ethical aspect overshadows both of them, which means that emotion may be the ultimate

determining factor in whether a person believes the benefits of animal testing outweigh the problems associated with the practice.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Animal testing allows researchers to reduce the harm of drugs for humans.

TEST 22

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

RETAIL PHARMACY VS INSTITUTIONAL PHARMACY

The biggest distinction between a Retail Pharmacy and an Institutional Pharmacy is believed to be the public interaction you have on a daily basis.

Here are listed some of the job duties unique to a retail pharmacy:

- Greeting customers and receiving written prescriptions
- Answering the telephone and referring call-in prescriptions to the pharmacist
- Entering new prescriptions (or refill requests) into the patient profile
- Counting, reconstituting, packaging, and repackaging products
- Returning stock bottles to the proper storage location
- Distributing labeled medications to the patient after final verification

Hospital and community pharmacies have something in common. Most of the prescriptions which are dispensed at a community pharmacy are oral medication or prepackaged specialty medications, such as inhaled drugs for the lungs, ophthalmics for the eye, otics for the ear, and topicals for the skin. Those are dispensed in hospital pharmacies too. However, the range of drugs dispensed is broader in hospitals. They also dispense parenteral drugs, biological agents, potentially hazardous chemotherapy medications. A key role in preparing and delivering the right drug to the right patient at the right time is played by hospital pharmacy technicians.

Let's take a look at some of the job duties unique to a hospital pharmacy:

- Routinely preparing 24–72 hour supplies of patient medications in a form appropriate for a single administration to a patient
- Prepackaging medications for patient use
- Preparing parenteral products using aseptic techniques
- Preparing and maintaining a formulary—a select list of approved drugs
- Conducting drug use evaluations, such as appropriate use of antibiotics
- Monitoring patient outcomes

- Counseling patients at discharge from the hospital
- Participating in clinical drug investigations and research

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Hospital and community pharmacies have something in common.

TEST 23

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

Louis Pasteur

Louis Pasteur (who was born on December 27, 1822, Dole, France and died September 28, 1895, Saint-Cloud) French chemist and microbiologist who was one of the most important founders of medical microbiology. Pasteur's contributions to science, technology, and medicine are believed to be nearly without precedent. He pioneered the study of molecular asymmetry; discovered that microorganisms cause fermentation and disease; originated the process of pasteurization; saved the beer, wine, and silk industries in France; and developed vaccines against anthrax and rabies.

Pasteur's father, Jean-Joseph Pasteur, was a tanner and a sergeant major decorated with the Legion of Honour during the Napoleonic Wars. This fact probably instilled in the younger Pasteur the strong patriotism that later was a defining element of his character. Louis Pasteur was an average student in his early years, but he was gifted in drawing and painting. His pastels and portraits of his parents and friends, made when he was 15, were later kept in the museum of the Pasteur Institute in Paris. After attending primary school in Arbois, where his family had moved, and secondary school in nearby Besançon, he earned his bachelor of arts degree (1840) and bachelor of science degree (1842) at the Royal College of Besançon.

Pasteur's academic positions were numerous, and his scientific accomplishments earned him France's highest decoration, the Legion of Honour, as well as election to the Académie des Sciences and many other distinctions. Today there are some 30 institutes and an impressive number of hospitals, schools, buildings, and streets that bear his name—a set of honours which is bestowed on few scientists.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

He pioneered the study of molecular asymmetry.

TEST 24

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

Pharmacist Cover Letter Sample

I am writing to express my sincere interest in the pharmacist position which was posted on your company's website.

As a very clinically driven pharmacist, I always consider the entire patient, their medical history, and medications are also considered by me as a collective picture. Being a very thorough and detail-oriented pharmacist I am referred to by several of my colleagues. As a clinical staff pharmacist at Cape Fear Valley Hospital, one of the largest hospitals in North Carolina, I rotated through the cancer center, cardiac units, emergency department, rehabilitation facility, telemetry units, and central pharmacy.

Due to my ability to work well with a variety of coworkers and adapt quickly to change I was enabled to be successful in such a dynamic position. I was also made responsible for training new pharmacists. My leadership skills will allow me to serve as an effective pharmacist for your organization.

Due to my previous pharmacy experience, I feel that I am a highly qualified candidate for this position. I will bring a high degree of professionalism and efficiency to this position, and I have a sincere passion for providing excellent patient care. I am a very compassionate, caring person, and I would be honored to serve patients and providers for your company.

Thank you for your time and consideration. Please feel free to contact me at your convenience.

Best regards,

Sarah Jones

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

I always consider the entire patient, their medical history, and medications as a collective picture.

TEST 25

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

WHAT IS ALTERNATIVE MEDICINE?

Alternative medicine practices are used instead of standard medical treatments. Alternative medicine is distinct from complementary medicine which is meant to accompany, not to replace, standard medical practices. Alternative medical practices are generally not recognized by the medical community as standard or conventional medical approaches.

Alternative medicine includes dietary supplements, megadose vitamins, herbal preparations, special teas, massage therapy, magnet therapy, and spiritual healing. Complementary and alternative medicine therapies fall into such categories:

Alternative Medical Systems. Alternative medical systems are built upon complete systems of theory and practice. Examples of alternative medical systems that have developed in Western cultures include homeopathic medicine and naturopathic medicine. Examples of systems that have been developed in non-Western cultures include traditional Chinese medicine and Ayurveda.

Mind-Body Interventions. Mind-body medicine uses a variety of techniques which have been designed to enhance the mind's capacity to affect bodily function and symptoms, including meditation, prayer, mental healing, and therapies that use creative outlets such as art, music, or dance.

Biologically Based Therapies. Biologically based therapies use substances found in nature, such as herbs, foods, and vitamins. Some examples include dietary supplements, herbal products, and the use of other so-called natural but as yet scientifically unproven therapies (for example, shark cartilage to treat cancer).

Manipulative and Body-Based Methods. Manipulative and body-based methods are based on manipulation and/or movement of one or more parts of the body. Some examples include chiropractic or osteopathic manipulation, and massage.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Mind-body medicine uses a variety of techniques._

TEST 26

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

Pros and Cons of Vaccinations

Recently there have been many statements made by critics about why you should not get vaccinations, or allow your children to be vaccinated. And the question about whether or not they are necessary is still discussed in debate. There are many pros and cons of vaccinations. Here are listed some of them.

Pros:

1. Most healthcare professionals believe in their effectiveness. It is commonly believed that vaccinations are the main cause of decline in childhood ailments. It is also believed that vaccinations aid in personal health when entering adulthood.
2. Prevent life threatening illnesses. Many of the illnesses and epidemics that killed thousands of people in the past no longer exist due to vaccinations.
3. Protect you when you travel. Simply because a disease such as measles no longer exists in the U.S. does not mean that it does not exist in other countries.

Cons:

1. Most vaccinations are only 90-95% effective. Although the vaccination will protect 95% of the population against the disease, there is still 5% that may contract the disease.
2. Some people are more susceptible than others. A child whose mother used intravenous drugs during pregnancy is more susceptible to hepatitis and other diseases than a child born to a drug free mother.
3. It is not possible to eradicate all diseases. It is completely impossible to rid the world of all diseases. Plus, many fall ill after receiving a vaccination. Some believe that vaccinations are only creating new diseases.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Most healthcare professionals believe in their effectiveness.

TEST 27

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

WHY PHARMACY MAY BE RIGHT FOR YOU

Pharmacists play an important role in helping people get the best results from their medications. The pharmacist is an accessible liaison whom patients can talk to face-to-face, without an appointment. He or she is someone who can answer health-related questions — what foods, drinks, activities, or other drugs could have an effect on medication or what to do about a missed dose. Essentially, people are helped by pharmacists with almost anything related to the use of medicines, which means they help people to stay as healthy as possible.

Pharmacy is believed to be one of the most financially rewarding careers. The median expected salary for a pharmacist is \$111,570 per year. Also, pharmacists are consistently in demand, even in times of economic downturns, war, political reform and natural disasters, so there is a relatively high level of job security that comes with a career in pharmacy. Great pharmacists pursue continuing education opportunities not only because they are required to in order to maintain their licenses, but also because they are interested in new developments in the industry. They also keep up with research journals and other relevant news.

If you think you might be interested in a career in pharmacy, you should be asked the following questions: • Am I a good listener? • Am I interested in helping people? • Do I have a strong interest in math and science? • Do I care about working in a field that pays top salaries?

If any of these questions were answered “yes”, pharmacy may very well be the right career path for you. Pharmacy is a great career choice for the right person — someone who understands and appreciates the responsibilities involved with being a health practitioner.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Pharmacists play an important role in helping people get the best results from their medications.

TEST 28

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

ROLE OF THE PHARMACIST

The role of the pharmacist is being developed rapidly to meet the needs of modern health care systems. Ensuring accurate dispensing of prescribed medicines against prescriptions and providing sound advice on responsible self-medication remain vitally important parts of the service provided by pharmacists. Pharmacists are medication experts in the treatment of disease and in health promotion

Pharmacists have, however, recognized for some years that equally important roles are to advise other healthcare professionals on safe and rational use of medicines and to accept responsibility for seeking to ensure that medicines are used safely and effectively by those to whom they are supplied. This will ensure that maximum therapeutic benefit is derived from treatment. This activity contributes both to the welfare of the individual and the overall improvement of public health.

Continuing professional development must then be chosen as a lifelong commitment for every practicing pharmacist. The implementation of Pharmaceutical Care, while recognizing the responsibility of the patient as end user of a medicine, requires the pharmacist to use a range of processes to facilitate the responsible provision of medicinal treatment. This must be done until tangible results are achieved, improving the patient's quality of life.

An establishment in which pharmacy (in the first sense) is practiced is called a pharmacy, chemist's or drug store. In the USA and Canada, drug stores commonly sell not only medicines. Miscellaneous items such as candy (sweets), cosmetics, and magazines, as well as light refreshments or groceries are also sold there.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Pharmacists are medication experts in the treatment of disease and in health promotion.

TEST 29

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

Anti-Biopharmaceutical Immunization:

Prediction and Analysis of Clinical Relevance to Minimize the Risk

A growing number of medicines are based on biological molecules such as proteins and monoclonal antibodies. These novel drugs have resulted in new, more effective treatments for a number of serious conditions. Yet sometimes these medicines trigger a response from the patient's immune system, which can decrease the effectiveness of the drug or cause severe side effects.

Diverse factors are involved in immunogenicity. On the drug side, both the compound and the route and duration of administration seem to play a role, while on the patient side, the type of disease, age, genetic background and interactions with other medicines may be risk factors. Therefore it is extremely hard to predict which biopharmaceuticals will have immunogenicity problems; although many tests exist, these are not always accurate. Furthermore, knowing which patients are at greatest risk of mounting an immune response to a given biopharmaceutical is extremely difficult.

The aim of the ABIRISK project is to shed new light on the factors behind this immune response. The project, which represents the first concerted effort to solve this problem, will aid in the creation of new, safer biopharmaceuticals and also there will be generated tools to determine how individual patients are likely to respond to them both in clinical trials and after release to the market.

There will be set up laboratory tests to probe the immunogenicity of several biopharmaceuticals that are already used on patients. The scientists' findings will be matched with the effect the drug actually has on patients. This will help the team to develop tools that are better at predicting immunogenicity during drug development.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Medicines trigger a response from the patient's immune system.

TEST 30

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

2016/17 Vaccination and Immunization

Immunization is one of the most successful and cost-effective public health interventions and a cornerstone of public health. High immunization rates are key to preventing the spread of infectious disease, complications and possible early death among individuals. It protects the population's health through both individual and herd immunity.

A number of changes have been agreed to the vaccination and immunization programmes in 2016/2017:

- The item of service fee has been uplifted to £9.80.
- Vaccination of babies against menB will continue but paracetamol will no longer be centrally supplied and there will be no new catch-up.
- The infant dose of menC will be removed from the routine childhood schedule following on from advice from JCVI. All other vaccines as part of the targeted programme remain unchanged.
- The menACWY 18 years on 31 August vaccination will be expanded to allow for the vaccination of people aged 19 – 25 year to be vaccinated on an opportunistic basis should the self-present and request vaccination.
- Pertussis – the expansion of the programme to allow the vaccination of pregnant women from 20 weeks in to the pregnancy.

The following programmes continue unchanged:

- childhood seasonal influenza;
- HPV for adolescent girls;
- hepatitis B (newborn babies);
- measles mumps and rubella (aged 16 and over);
- meningococcal ACWY freshers;
- meningococcal booster and rotavirus.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Immunization is a cornerstone of public health.

**Зразок завдання домашньої контрольної роботи
з англійської мови за професійним спрямуванням**

TEST 00000

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

BCG Vaccine (TB vaccine)

BCG stands for 'Bacillus Calmette-Guérin', and is named after the two French scientists who developed the first TB vaccine – Albert Calmette and Camille Guérin.

This vaccine gives protection against tuberculosis (TB) infection. It is 70-80% effective against the most severe forms of TB, such as TB meningitis. However, it is less effective in preventing the form of TB that affects the lungs. The vaccine is given just under the skin (intradermally), usually in the left upper arm. This is the recommended site, so that small scar left after vaccination can be easily found in the future as evidence of previous vaccination.

The BCG vaccine was introduced into the UK schedule in 1953. At first it was offered to children of school leaving age (14 years old) because TB was most common in young adults at this time. Rates of TB in the UK were already falling, and they continued to fall after the vaccine was introduced. In the 1960s it was realised that there were higher numbers of TB cases in people coming to the UK from countries with high rates of TB. At this point BCG vaccination was introduced for babies born in the UK to parents from countries with high rates of TB. Vaccination of all children aged 10-14 continued until 2005, when it was decided that TB rates in the general population had fallen to such a low level that universal BCG vaccination was no longer needed. The UK programme now targets babies and children who are most at risk of exposure to TB, with the aim of preventing the more serious childhood forms of TB.

It is also sometimes given to adults up to the age of 35, but the vaccine does not work well in adults. In the UK the BCG vaccine is not currently part of the routine childhood schedule. It is offered to people who are at higher risk of TB.

Adults up to 35 years of age may also be offered the vaccine if their job has a high risk of contact with people or animals infected with TB.

However, at the moment there is a worldwide shortage of BCG vaccine. Because of this, in the UK the vaccine is being prioritised for use in new-born babies in areas of highest risk.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

This vaccine gives protection against tuberculosis (TB) infection.

Зразок виконаної ДКР

TEST 00000

1. Read the text and be sure you understand it well enough to do the tasks offered after it.

2. Find in the text 14 underlined English words/word combinations and translate them into Ukrainian.

stands for - означає

scientists - вчені

developed - розробили

the most severe forms of TB – найтяжча форма туберкульозу

is less effective in preventing the form of TB that affects the lungs – менш ефективна у попередженні цієї форми туберкульозу, яка уражує легені

is given just under the skin – робиться безпосередньо під шкіру

small scar – маленький шрам

evidence of previous vaccination – доказ попередньої вакцинації

rates of TB in the UK – рівень туберкульозу у Великій Британії

does not work well in adults – не дуже ефективна у дорослих

is not currently part of – на даний момент не є частиною

people who are at higher risk – люди, яких можна віднести до зони ризику

adults up to 35 years of age – дорослі до 35 років

a worldwide shortage of BCG vaccine – брак вакцини БЦЖ по всьому світові

3. Put 5 questions covering the most important information in the text and answer them paraphrasing the information (using your own words, not quoting the text literally).

1. What does “BCG” stand for? The three capital letters stand for ‘Bacillus Calmette-Guérin’, which is the name of the anti-tuberculosis vaccine.

2. What is the aim of BCG vaccination? The aim of this vaccine is to prevent tuberculosis.
3. Is the vaccine effective? It is 70-80% effective against the most severe forms of TB, but less effective in preventing the form of TB that affects the lungs.
4. When was the vaccine introduced into the UK schedule? It was introduced into the UK schedule in 1953.
5. How is the BCG vaccine given and why? It is given under skin in the left upper arm, because a small scar left after vaccination later serves the evidence of previous vaccination.

4. Find in the text 5 sentences in the Passive Voice and translate them into Ukrainian.

1. The vaccine is given just under the skin (intradermally), usually in the left upper arm. Вакцинація робиться безпосередньо під шкіру, зазвичай у ліве передпліччя.
2. This is the recommended site, so that small scar left after vaccination can be easily found in the future as evidence of previous vaccination. Рекомендують саме це місце для того аби маленький шрам, який залишається після вакцинації, у майбутньому можна було легше знайти як доказ попередньої вакцинації.
3. The BCG vaccine was introduced into the UK schedule in 1953. Вперше вакцина БЦЖ була включена до календаря щеплень Великобританії у 1953 році.
4. At first it was offered to children of school leaving age (14 years old) because TB was most common in young adults at this time. Спочатку її пропонували робити дітям старшого шкільного віку (14 років) через те, що того часу випадки туберкульозу зустрічалися саме серед молодих людей.
5. At this point BCG vaccination was introduced for babies born in the UK to parents from countries with high rates of TB. У цей час розпочато вакцинацію

БЦЖ серед немовлят народжених від батьків із високим рівнем захворюваності на туберкульоз.

5. Rewrite the offered sentence in 12 different tenses making the necessary grammar and stylistic changes:

Present Simple. This vaccine gives protection against tuberculosis (TB) infection.

Past Simple. This vaccine gave protection against tuberculosis (TB) infection in 1980.

Future Simple. This vaccine will give protection against tuberculosis (TB) infection in future.

Present Continuous. This vaccine is giving protection against tuberculosis (TB) infection at the moment.

Past Continuous. This vaccine was giving protection against tuberculosis (TB) infection at that moment.

Future Continuous. This vaccine will be giving protection against tuberculosis (TB) infection then.

Present Perfect. This vaccine has given protection against tuberculosis (TB) infection to millions of people already.

Past Perfect. This vaccine had given protection against tuberculosis (TB) infection to millions of people by 2000.

Future Perfect. This vaccine will have given protection against tuberculosis (TB) infection to millions of millions of people by 2020.

Present Perfect Continuous. This vaccine has been giving protection against tuberculosis (TB) infection to millions of people for more than 100 years already.

Past Perfect Continuous. This vaccine had been giving protection against tuberculosis (TB) infection to millions of people for more than 100 years before another, more effective vaccine was found.

Future Perfect Continuous. This vaccine will have been giving protection against tuberculosis (TB) infection for another 100 years before some more effective vaccines are found.

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2. **Англійська мова. Методичні рекомендації і контрольні завдання для студентів заочної форми навчання фармацевтичних вузів та факультетів** (М.В. Григор'єва, О.Ю. Гурко. Видавництво НФаУ, 2003 р.).
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Корисні сайти:

<http://twominenglish.com/> - цікаві двохвилинні відео з лексики, граматики, а також вправи, вікторини тощо.

<http://www.listenamminute.com/> - цікаві однихвилинні аудіо треки з різних тематик із завданнями та вправами.

<http://www.perfect-english-grammar.com/> - сайт для опанування основ граматики англійської мови (пояснення, вправи, перевірка відповідей тощо).

10 безкоштовних ресурсів для вивчення англійської

BBC Learning English - можливість вивчати британську англійську мову з рівня lower intermediate (нижче середнього). Безліч напрямків, відео та аудіо матеріалів з текстовкою і транскрипцією. Один з розділів присвячений конкретно для роботи над вимовою. Курс 6 Minute English - шестихвилинні ролики на різні теми один з найпопулярніших серед користувачів.

Livemocha - це справжнісінька соціальна мережа для вивчаючих іноземні мови. Livemocha - спільнота ентузіастів: вчителі, лінгвісти і, звичайно, всі хто просто вивчає іноземну мову. Члени спільноти допомагають один одному вчитися. Виконали завдання - носії мови виправляють помилки. Також є

практика обміну текстовими повідомленнями. Відео або аудіо-чат забезпечать кращу практику. Можете знайти напарника: ви вчите англійську, а йому допомагаєте у вивченні російської і все це в режимі реального часу.

Bussu. На цьому ресурсі теж можна знайти англомовного співрозмовника, до речі, крім англійської та російської тут можна вивчати ще 10 мов. На ресурсі велика кількість уроків для запам'ятовування лексики, постановки вимови та інших аспектів вивчення мови. Також, як і на Livemocha, ваші вправи перевірятиме носій мови, а ви, у свою чергу, його. Добре опрацьовано додаток для iOS та Android.

LinguaLeo - напевно, самий захоплюючий ресурс як для дорослих, так і для дітей. Величезна бібліотека відео, аудіо і текстових матеріалів. Тематичні курси, особистий словник з озвученням. Набір тренувань: аудіювання, кросворди, переклад слів. Нудьгувати не доведеться. З журналу розвитку ви можете дізнатися свій реальний і можливий прогрес у вивченні мови. Випущені програми для iOS і Android - займатися можна в будь-який час і де завгодно.

Duolingo - сайт сподобається навіть дітям. Пропонуються численні письмові уроки та диктанти. Розділ для практики вивченої лексики, за один курс ви можете вивчити до 2000 слів. У міру проходження уроків користувачі паралельно допомагають переводити веб-сайти та інші документи. Крім сайту існують програми для iOS і Android.

ESLPod - жива американська англійська мова, багато подкастів, які охоплюють всі сфери життя, завжди присутній гумор. Лексика за рахунок методу подачі досить легко засвоюється і закріплюється.

Lang8 - ви можете опублікувати для перевірки будь-який матеріал: твір, запис для блогу чи домашнє завдання. Все це буде перевірено носіями мови, зареєстрованими на сайті. У подяку, ви можете перевіряти їх вправи з російської мови.

Engvid - відеоуроки англійської мови. Усі записи розділені за категоріями в залежності від рівня знання мови і об'єднані за тематикою - можна дивитися

уроки для підготовки до іспитів або уроки, що пояснюють конкретні аспекти граматики.

Exam English - це супер сайт для тих, хто готується до міжнародних мовних іспитів IELTS, TOEFL та до інших. Також ви зможете пройти онлайн тести і визначити свій рівень англійської на даний момент.

Loyalbooks - має більше 7000 безкоштовних аудіокниг англійською мовою. Завантажуйте вподобану книгу, слухайте в дорозі на роботу, додому, в будь-яку вільну хвилину і вчіть мову.