

Документ подписан простой электронной подписью
Информация о владельце:
ФИО: Косенок Сергей Михайлович
Должность: ректор
Дата подписания: 18.07.2025 09:51:32
Уникальный программный ключ:
e3a6813aa1e67674b541a998099d3d6bdcf836

Оценочные материалы для промежуточной аттестации

Иностранный язык

Код, направление	
подготовки	
Направленность (профиль)	Лечебное дело
Форма обучения	очная
Кафедра-разработчик	Иностранных языков
Выпускающая кафедра	Внутренних болезней

РАЗДЕЛ 1. The Medical Identity. (1 семестр)

PART 1. Use the words from the box to fill in the gaps. One word is EXTRA.

interns	clinical	physiology	blood	critical	p h	communication	studying
patients	university	vital	anatomy	stethoscope	empathy	laboratory	education

Medical Education.

To become a doctor, students must study for many years. First, they attend (1) _____ to learn about the human body. They study (2) _____ to understand how drugs work.

In the first year, students learn about (3) _____ by looking at bones and organs. They also take classes in (4) _____, like how the heart pumps blood.

Students practice on simulated (5) _____ to learn how to talk to real patients. They also work in a (6) _____ to do experiments.

During (7) _____ rotations, students help real doctors. They learn to use a (8) _____ and check (9) _____ signs.

After exams, students become (10) _____. They must keep learning through continuing (11) _____ to stay updated.

Good doctors need (12) _____ for patients, good (13) _____ skills, and (14) _____ thinking. The most important lesson? Never stop (15) _____!

PART 2. Read the text and choose the correct option for each gap.

The History of Medicine.

Long ago, doctors (1) _____ modern tools or medicines. They used plants (2) _____ herbs to treat sick people. In ancient Egypt, doctors wrote medical information (3) _____ papyrus sheets.

(4) _____ first hospitals were built in the Middle Ages. At that time, people did not know (5) _____ germs. Many patients (6) _____ from infections after operations.

In the 19th century, doctors (7) _____ to understand the importance of cleanliness. Louis Pasteur discovered (8) _____ germs cause diseases. This (9) _____ a very important moment in medical history.

The first vaccines (10) _____ developed to protect people from deadly diseases. Today, we have vaccines for (11) _____ illnesses. Modern medicine (12) _____ millions of lives every year.

Doctors now study for many years (13) _____ they can practice. Medical students (14) _____ about both old and new treatments. The history of medicine shows (15) _____ how far we have come.

- | | | | |
|-------------------|-----------------|-----------|---------------|
| 1. a. did not had | b. did not have | c. hadn't | d. not have |
| 2. a. or | b. but | c. and | d. because |
| 3. a. with | b. over | c. in | d. on |
| 4. a. any | b. the | c. a | d. every |
| 5. a. about | b. of | c. for | d. at |
| 6. a. were dead | b. died | c. dead | d. diet |
| 7. a. began | b. begun | c. began | d. have began |
| 8. a. than | b. that | c. who | d. which |
| 9. a. was | b. were | c. been | d. was been |
| 10. a. are | b. was | c. is | d. were |
| 11. a. any | b. much | c. more | d. many |
| 12. a. saves | b. saved | c. saving | d. save |
| 13. a. after | b. before | c. while | d. soon |
| 14. a. are learn | b. learned | c. learn | d. learns |
| 15. a. them | b. we | c. us | d. our |

PART 3. Read the text and decide if the sentences below are TRUE or FALSE.

Work-Life Balance

Doctors work very hard to help **patients**. They often work long hours, sometimes 12 hours a day or more. Many doctors work at night and on weekends when hospitals need them. This can make their lives **stressful** and tiring.

However, doctors also need time to **rest**. Good hospitals help doctors balance work and personal life. For example, some hospitals give doctors free days between night **shifts**. Young doctors (interns) work the longest hours, but **experienced** doctors usually have better **schedules**.

Doctors spend their free time in different ways. Some **exercise** to stay healthy, while others read books or spend time with family. **Smart** doctors plan their time carefully so they don't get too tired.

The most important thing is that happy doctors give better **care** to patients. Hospitals now understand that doctors need good sleep and **vacations**. Still, many doctors say they would like more free time.

1. Doctors usually work only 8 hours a day.
2. Many doctors work at night and on weekends.
3. All doctors have the same working hours.
4. Interns work shorter hours than experienced doctors.
5. Hospitals never give doctors free days.
6. Exercise helps doctors stay healthy.
7. Time management is important for doctors.
8. Tired doctors give the best care to patients.
9. Hospitals now care about doctors' rest time.
10. No doctor wants more free time.

3.2. Match the words in bold with the definitions.

1. _____ Having knowledge from doing something for a long time.
2. _____ Something that makes you feel worried, nervous, or tired.
3. _____ Time when you don't work and can travel or relax.
4. _____ To do physical activity to stay healthy.
5. _____ Medical help.
6. _____ A plan of work hours or activities.
7. _____ A person who receives medical treatment from a doctor or hospital.
8. _____ Fixed periods of time when people work (day/night).

9. ____ To stop working or being active to relax or sleep.
10. ____ Intelligent or good at planning.

3.3. Use the words from the exercise 3.2 and put them into new context. Change tenses where necessary.

1. The doctor examined the ____ with a stethoscope.
2. Working all night is ____ for doctors.
3. After a long shift, the nurse ____ for two hours.
4. ____ doctors write notes to remember important things.
5. An ____ surgeon knows how to stay calm.
6. Doctors take ____ to avoid burnout.
7. Patients need good ____ to get better.
8. Her ____ shows she works Monday to Friday.
9. He ____ every morning before work.
10. Doctors often work 12-hour ____ at the hospital.

РАЗДЕЛ 1. The Medical Identity. Answer Key. (1 семестр)

PART 1. Answer Key.

1. university
2. pharmacology
3. anatomy
4. physiology
5. patients
6. laboratory
7. clinical
8. stethoscope
9. vital
10. interns
- d
- u
- c
- a
- t

PART 2. Answer Key.

1. b
2. c
3. d
4. b
5. a
6. b
7. c
8. b
9. a
10. d
11. d
12. a
13. b
14. c
15. c

PART 3.

3.1. Answer Key.

1. False
2. True
3. False
4. False
5. False
6. True
7. True
8. False
9. True
10. False

3.2. Answer Key.

1. Experienced
2. Stressful
3. Vacations
4. To exercise
5. Care
6. Schedule
7. Patient
8. Shifts
9. To rest
10. Smart

3.3. Answer Key.

1. The doctor examined the **patient** with a stethoscope.
2. Working all night is **stressful** for doctors.
3. After a long shift, the nurse **rested** for two hours.
4. **Smart** doctors write notes to remember important things.
5. An **experienced** surgeon knows how to stay calm.
6. Doctors take **vacations** to avoid burnout.
7. Patients need good **care** to get better.
8. Her **schedule** shows she works Monday to Friday.
9. He **exercises** every morning before work.
10. Doctors often work 12-hour **shifts** at the hospital.

РАЗДЕЛ 1. The Medical Identity. Speaking task. (1 семестр)

1. Why is it important for doctors to study for many years?
2. What are some important subjects that medical students learn?
3. How has technology (like computers) changed medical education today?
4. Why do doctors need to keep learning even after they finish school?
5. How were hospitals different 100 years ago compared to today?
6. What was the most important discovery in medicine history, in your opinion?
7. Why were vaccines (like for smallpox) so important for the world?
8. How did people treat illnesses before modern medicine existed?
9. Do you think medical students today have an easier or harder education than students in the past? Why?
10. If you could invent one thing to improve medicine, what would it be?

PA3ДЕЛ 2. Body Issues. (2 семестр)

PART 1. Use the words from the box to fill in the gaps. One word is EXTRA.

skeleton	tongue	eyes	kidneys	heart	skull	ears	brain
pancreas	lungs	muscles	nose	organs	teeth	stomach	skin

The Human Body

The human body has many important parts. The (1) __ pumps blood to all organs. We breathe air using our (2) __. Food is digested in the (3) __. Bones form the (4) __ that supports the body. The (5) __ protects our brain, while (6) __ help us move and lift things. Our (7) __ controls everything we do, like thinking and feeling. The (8) __ filters blood and removes waste. When we eat sugar, the (9) __ produces insulin. Five senses help us understand the world. We see with our (10) __, hear with our (11) __, and smell with our (12) __. The (13) __ lets us feel touch, and the (14) __ helps taste food. To stay healthy, we must protect all these (15) __.

PART 2. Read the text and choose the correct option for each gap.

Diseases and Treatment

When people (1) __ sick, they go (2) __ the doctor. The doctor usually (3) __ them questions about their symptoms. For example, "How long (4) __ this pain?"

Some diseases (5) __ caused by viruses, like the flu. Others (6) __ from bacteria. Doctors often prescribe medicine (7) __ help patients. Antibiotics (8) __ only for bacterial infections, not viruses.

Patients must take (9) __ medicine correctly. They should finish all (10) __ pills, even if they feel (11) __. Sometimes, doctors recommend rest (12) __ exercise too.

Prevention is important. People (13) __ wash their hands often. Vaccines protect (14) __ from many dangerous diseases. Remember: good health (15) __ (start) with healthy habits!

- | | | | | |
|-----|-----------------|------------------|-----------------|----------------|
| 1. | a. get | b. got | c. getted | d. has got |
| 2. | a. for | b. at | c. to | d. from |
| 3. | a. ask | b. asks | c. asked | d. was asked |
| 4. | a. have you had | b. have you | c. did you have | d. did you had |
| 5. | a. is | b. was | c. has been | d. are |
| 6. | a. come | b. came | c. comes | d. commed |
| 7. | a. for | b. to | c. because | d. make |
| 8. | a. works | b. was work | c. worked | d. work |
| 9. | a. they | b. them | c. their | d. theirs |
| 10. | a. the | b. of | c. - | d. from |
| 11. | a. best | b. good | c. better | d. the best |
| 12. | a. to | b. because of | c. so | d. or |
| 13. | a. should | b. don't need to | c. haven't to | d. may |
| 14. | a. ours | b. our | c. we | d. us |
| 15. | a. started | b. starts | c. is started | d. start |

PART 3. Read the text and decide if the sentences below are TRUE or FALSE.

3.1. Medical Emergencies

Medical emergencies happen **suddenly** and need quick action. A heart attack is one **common** emergency. The person may feel chest pain and have trouble breathing. In this case, you must call for help **immediately**.

Burns are another emergency. For small burns, put the area under cool water. Never use ice or butter on burns! For large burns, cover the **area** with a clean cloth and go to the hospital.

When someone **faints**, check if they are **breathing**. If not, start CPR (pushing hard on the **chest**) until help arrives. Remember: never move a person who fell unless they are in danger.

Choking is also dangerous. If someone can't breathe, give them 5 back **blows** between the shoulder blades. If this doesn't work, try the Heimlich **maneuver** (a hug from behind).

In all emergencies, stay **calm** and call your local emergency number first. Doctors and nurses train for years to handle these situations properly.

1. Heart attacks always cause arm pain.
2. You should put butter on burns.
3. For large burns, cover with a clean cloth.
4. If someone faints, shake them hard.
5. CPR means pushing on the stomach.
6. Move injured people immediately.
7. Give 5 back blows for choking.
8. The Heimlich is a leg exercise.
9. Call emergency services last.
10. Medical workers train for emergencies.

3.2. Match the words in bold with the definitions.

1. _____ To fall unconscious for a short time.
2. _____ A hard hit with the hand or an object.
3. _____ Happening often or seen a lot.
4. _____ The front part of the body between the neck and stomach.
5. _____ A part of the body or a place.
6. _____ To take air in and out of your lungs.
7. _____ Happening very quickly without warning.
8. _____ Not nervous or upset; peaceful.
9. _____ Right now, without waiting.
10. _____ A special movement to help in emergencies.

3.3. Use the words from the exercise 3.2 and put them into new context. Change tenses where necessary.

1. Colds are ___ in winter.
2. She ___ because of the heat
3. Stay ___ to help others in emergencies.
4. Call an ambulance ___ in an emergency!
5. Give 5 back ___ for choking
6. After running, he ___ heavily.
7. He felt pain ___ while walking.
8. The Heimlich ___ saves choking people.
9. Do CPR by pushing on the ___.
10. Clean the burned ___ with water.

ПА3ДЕЛ 2. Body Issues. Answer Key. (2 семестр)

PART 1. Answer Key.

1. heart
2. lungs
3. stomach
4. skeleton
5. skull

6. muscles
7. brain
8. kidneys
9. pancreas
10. eyes
11. ears
12. nose
13. skin
14. tongue
15. organs

PART 2. Answer Key

1. a
2. c
3. b
4. a
5. d
6. a
7. b
8. d
9. c
10. a
11. c
12. d
13. a
14. d
15. b

PART 3.

3.1. Answer Key.

1. False - may cause chest pain
2. False - use cool water only
3. True
4. False - check breathing first
5. False - push on the chest
6. False - only if in danger
7. True
8. False - it's an abdominal thrust
9. False - call first
10. True

3.2. Answer Key.

1. to faint
2. blow
3. common
4. chest
5. area
6. to breathe
7. suddenly
8. calm
9. immediately
10. maneuver

3.3. Answer Key.

1. Colds are **common** in winter.
2. She **fainted** because of the heat
3. Stay **calm** to help others in emergencies.
4. Call an ambulance **immediately** in an emergency!
5. Give 5 back **blows** for choking
6. After running, he **breathed** heavily.
7. He felt pain **suddenly** while walking.
8. The Heimlich **maneuver** saves choking people.
9. Do CPR by pushing on the **chest**.
10. Clean the burned **area** with water.

РАЗДЕЛ 2. Body Issues. Speaking task. (2 семестр)

1. What are the three most important organs in the body?
2. Why do we need bones?
3. Which body part do you think is the most amazing? Why?
4. How can you keep your lungs/heart/brain healthy?
5. What is the difference between a virus and bacteria?
6. Why do we need vaccines?
7. What is special about antibiotics?
8. "Rest is the best medicine." Do you agree? Why?
9. How would you explain diabetes to a child?
10. "Calling for help is more important than acting alone in emergencies." Do you agree?

РАЗДЕЛ 3. Dealing with a patient. (3 семестр)

PART 1. Use the words from the box to fill in the gaps. One word is EXTRA.

temperature	injection	swallows	notes	test	hands	schedule	X-ray
throat	fever	leg	hospital	medications	glucose	sore throat	surgery

A Day in the Hospital.

Dr. Smith works in the (1) _____. Every morning, she checks her (2) _____. Today, her first patient is a 25-year-old man with a (3) _____. She takes his (4) _____ and confirms he has a fever.

Next, she examines a woman with (5) _____. The patient says it hurts when she (6) _____. Dr. Smith looks at her (7) _____ and decides to do a (8) swab _____.

After lunch, Dr. Smith visits a child who fell and hurt his (9) _____. She orders an (10) _____ to check for a fracture. Meanwhile, a nurse gives a (11) _____ to a patient with diabetes to control his (12) _____.

At the end of the day, Dr. Smith writes (13) _____ in each patient's file. She also prescribes (14) _____ for those who need them. Before leaving, she washes her (15) _____ to prevent infections.

PART 2. Read the text and choose the correct option for each gap.

A Patient's Visit.

Yesterday, a patient (1) _____ to the clinic with a headache. The doctor (2) _____ him, "How long (3) _____ you _____ this pain?" The patient replied, "I (4) _____ unwell since Monday."

The doctor checked his blood pressure and (5) _____, "You (6) _____ to rest more." She also told him (7) _____ drink plenty of water. The patient (8) _____ any medicine, so the doctor prescribed (9) _____ painkiller.

Next, (10) _____ nurse entered the room. She (11) _____ an injection while the doctor (12) _____ a note. The patient asked, "(13) _____ I eat before taking this medicine?" The nurse replied, "Yes, but avoid (14) _____ coffee." After the visit, the patient (15) _____ the staff and left.

- | | | | |
|--------------------|------------------|------------------|-----------------|
| 1. a. come | b. commed | c. came | d. has came |
| 2. a. asked | b. told | c. answered | d. replied |
| 3. a. had you have | b. have you have | c. have you had | d. had you had |
| 4. a. have felt | b. felt | c. feeled | d. have feeled |
| 5. a. told | b. answered | c. asked | d. said |
| 6. a. can | b. should | c. need | d. must |
| 7. a. for | b. and | c. because | d. to |
| 8. a. did not take | b. did not took | c. did not taken | d. not take |
| 9. a. a | b. some | c. any | d. no |
| 10. a. the | b. a | c. some | d. any |
| 11. a. preparing | b. prepared | c. prepares | d. was prepared |
| 12. a. writing | b. wrote | c. was writing | d. were writing |
| 13. a. Can | b. Would | c. Must | d. Need |
| 14. a. drinking | b. buying | c. eating | d. making |
| 15. a. was thanked | b. thank | c. thanked | d. thanking |

PART 3. Read the text and decide if the sentences below are TRUE or FALSE.

3.1. A Visit to the Doctor

Maria woke up with a fever and a sore throat. She decided to go to the hospital because she felt very ill. At the hospital, the **nurse** checked her temperature—it was 38.5°C. The doctor asked Maria, "Do you have a cough?" Maria said yes and added that her head hurt too.

The doctor **examined** Maria's throat and listened to her breathing with a **stethoscope**. He said, "You have an infection. You need **antibiotics**." Maria was surprised because she thought antibiotics were only for serious **diseases**. The doctor explained that antibiotics help fight bacterial infections, not viruses.

Before leaving, the nurse gave Maria an injection to **reduce** her fever. Maria asked, "Should I drink cold water?" The nurse replied, "No, warm tea is better for your throat." Maria also received a **prescription** for painkillers. The doctor told her to rest for three days and avoid school.

Finally, Maria went to the **pharmacy** to buy her medicine. The pharmacist said, "Take one **pill** every eight hours." Maria thanked the pharmacist and went home to **rest**.

1. Maria had a fever and a sore throat.
2. Maria's temperature was normal.
3. The doctor asked Maria if she had a cough.
4. Antibiotics can cure viral infections.
5. The nurse gave Maria an injection for her headache.
6. The doctor told Maria to drink cold water.
7. Maria got a prescription for antibiotics.
8. The pharmacist told Maria to take two pills every hour.
9. Maria had to rest for three days.
10. Maria went to school after her hospital visit.

3.2. Match the words in bold with the definitions.

11. _____ A small, hard medicine you swallow with water.
12. _____ Medicine that kills bacteria (very small germs) to cure infections.
13. _____ A person who helps doctors take care of sick people in hospitals or clinics.
14. _____ A paper from the doctor that says which medicine you need.
15. _____ A tool doctors use to listen to your heart and lungs.
16. _____ To look at someone's body carefully to check their health.

17. _____ A place where you buy medicine (also called a "drugstore").
18. _____ To stop working or moving to help your body get better.
19. _____ A sickness that makes your body not work normally.
20. _____ To make something smaller or less (like pain or fever).

3.3. Use the words from the exercise 3.2 and put them into new context. Change tenses where necessary.

11. Take one _____ every morning after breakfast.
12. The doctor _____ my throat with a small light.
13. The pharmacist at the _____ gave me my antibiotics.
14. I took the _____ to the pharmacy to buy my pills.
15. The doctor put the _____ on my chest and said, 'Breathe deeply.'
16. Diabetes is a _____ that affects your blood sugar.
17. Take this medicine to _____ your headache.
18. The _____ checked my temperature and gave me medicine.
19. The doctor told me to _____ for two days and not go to work.
20. The doctor gave me _____ for my ear infection.

РАЗДЕЛ 3. Dealing with a patient. Answer Key. (3 семестр)

PART 1. Answer Key.

1. hospital
2. schedule
3. fever
4. temperature
5. sore throat
6. swallows
7. throat
8. test
9. leg
10. X-ray
11. injection
12. glucose
13. notes
14. drugs / medications
15. hands

PART 2. Answer Key

16. c
17. a
18. c
19. a
20. d
21. c
22. d
23. a
24. a
25. b
26. b
27. c
28. a
29. a
30. c

PART 3.

3.1. Answer Key.

1. True
2. False
3. True
4. False
5. False
6. False
7. True
8. False
9. True
10. False

3.2. Answer Key.

11. Pill
12. Antibiotics
13. Nurse
14. Prescription
15. Stethoscope
16. To examine
17. Pharmacy
18. To rest
19. Disease
20. To reduce

3.3. Answer Key.

1. Take one **pill** every morning after breakfast.
2. The doctor **examined** my throat with a small light.
3. The pharmacist at the **pharmacy** gave me my antibiotics.
4. I took the **prescription** to the pharmacy to buy my pills.
5. The doctor put the **stethoscope** on my chest and said, 'Breathe deeply.'
6. Diabetes is a **disease** that affects your blood sugar.
7. Take this medicine to **reduce** your headache.
8. The **nurse** checked my temperature and gave me medicine.
9. The doctor told me to **rest** for two days and not go to work.
10. The doctor gave me **antibiotics** for my ear infection.

РАЗДЕЛ 3. Dealing with a patient. Speaking Task. (3 семестр)

1. Why is good communication important between doctors and patients?
2. What are some important qualities a doctor should have when talking to patients?
3. How can doctors make sure patients understand their medical advice?
4. What problems can happen when doctors and patients don't communicate well?
5. How should doctors speak to patients from different cultures or backgrounds?
6. Why is it important for doctors to listen carefully to patients?
7. What are some ways doctors can show patients they care about them?
8. How can doctors explain medical information in simple ways?
9. Why should doctors ask patients if they have any questions?
10. How can good communication help patients feel better about their treatment?

PA3/DEJI 4. Medicine and Society. (4 семестр)

PART 1. Use the words from the box to fill in the gaps. One word is EXTRA.

immune	water	vital	sleep	stress	diet	choices	exercise
fiber	stress-relief	cellular	discipline	healthcare	doctor	habits	digestion

M

a

i Adopting a healthy lifestyle requires both (1) ___ and knowledge. Doctors emphasize the importance of a balanced (2) ___ rich in nutrients like vitamins, minerals, and (3) ___ to support bodily functions. Regular (4) ___, such as brisk walking or swimming, strengthens the (5) ___ system and reduces the risk of chronic diseases.

i Avoiding harmful (6) ___ like smoking or excessive alcohol is crucial. These habits can damage (7) ___ organs, such as the liver and lungs. Instead, focus on (8) ___ techniques like meditation to manage (9) ___, which negatively impacts both physical and mental health.

n Adequate (10) ___ is equally vital; adults need 7 - 9 hours nightly for proper (11) ___ restoration.

Hydration is another key factor - experts recommend drinking at least 2 liters of (12) ___ daily to aid (13) ___ and toxin removal.

a Preventive (14) ___, including regular check-ups and screenings, helps detect issues early. Remember, small, consistent (15) ___ lead to lasting health benefits.

H

e

PART 2. Read the text and choose the correct option for each gap.

a

1 Global Health Challenges.

t

h Global health (1) ___ many serious issues today. Infectious diseases (2) ___ rapidly due to international travel, while antibiotic resistance (3) ___ a growing threat. Many experts believe that climate change (4) ___ health problems in recent years.

L In low-income countries, access (5) ___ clean water and basic medicines (6) ___ limited. Millions of people (7) ___ each year from preventable causes like malnutrition or malaria. However, vaccines (8) ___ countless lives since their invention.

e Non-communicable diseases (NCDs), such (9) ___ diabetes and heart disease, (10) ___ globally. These conditions (11) ___ to unhealthy diets and sedentary lifestyles. While treatments (12) ___ over time, prevention (13) ___ the most cost-effective solution.

y Governments and organizations (14) ___ together to address these challenges. If action (15) ___ soon, the consequences could be devastating.

e

1.	a.	face	b.	faces	c.	are facing	d.	faced
2.	a.	are spreading	b.	is spreading	c.	spreading	d.	have spreading
3.	a.	have become	b.	has become	c.	has became	d.	became
4.	a.	worsened	b.	have worsen	c.	is worsened	d.	has worsened
5.	a.	for	b.	at	c.	to	d.	till
6.	a.	remain	b.	is remained	c.	remains	d.	has remained
7.	a.	has died	b.	die	c.	is died	d.	died
8.	a.	is saving	b.	have saving	c.	have saved	d.	saves
9.	a.	like	b.	as	c.	so	d.	than
10.	a.	are increasing	b.	increasing	c.	increase	d.	has increase
11.	a.	linked	b.	is been linked	c.	are linked	d.	were linked
12.	a.	have improved	b.	improved	c.	have has improved	d.	have improve
13.	a.	considered	b.	consider	c.	has considered	d.	is considered
14.	a.	must to work	b.	must work	c.	must works	d.	musts work
15.	a.	does not take	b.	not taken	c.	is not taken	d.	does not taken

PART 3. Read the text and decide if the sentences below are TRUE or FALSE.

3.1. Biohacking and Medical Innovations.

Biohacking—the practice of **optimizing** the body through technology and lifestyle changes—is gaining attention in medicine. Some biohackers use **wearable** devices to monitor **vital** signs like heart rate variability (HRV) or blood glucose levels in real time. Others experiment with nootropics ("smart drugs") to **enhance** cognitive function, though their long-term effects remain debated.

Recent medical breakthroughs include CRISPR gene-editing technology, which allows scientists to **modify** DNA to treat genetic **disorders**. Similarly, mRNA vaccines (like those for COVID-19) have revolutionized immunology by teaching cells to produce protective proteins.

However, not all biohacking is safe. DIY biology labs, where **amateurs** conduct genetic experiments, raise ethical and safety **concerns**. In contrast, FDA-approved technologies like **neural** implants help paralyzed patients control prosthetics with their thoughts—a proven medical advancement.

While biohacking promises personalized health solutions, doctors warn against unproven methods like extreme **fasting** or unregulated stem cell therapies. Peer-reviewed research remains essential to distinguish innovation from risk.

1. Biohacking only involves using technology, not lifestyle changes.
2. Wearable devices can track heart rate variability (HRV).
3. Nootropics have no debated side effects.
4. CRISPR can edit DNA to treat genetic diseases.
5. mRNA vaccines work by injecting pre-made proteins.
6. DIY biology labs are always FDA-approved.
7. Neural implants help paralyzed patients move prosthetics.
8. Extreme fasting is a universally accepted biohacking method.
9. Stem cell therapies are always safe without regulation.
10. Peer-reviewed research validates medical breakthroughs.

3.2. Match the words in bold with the definitions.

1. _____ To improve or make something better.
2. _____ Related to nerves or the brain.
3. _____ To make something work as well as possible.
4. _____ A person who does something as a hobby, not a job.
5. _____ Very important for life or health.
6. _____ A worry or something important to think about.
7. _____ To change something slightly.
8. _____ Not eating for a period of time.
9. _____ A device you can wear on your body (like a watch).
10. _____ A health problem that stops the body working normally.

3.3. Use the words from the exercise 3.2 and put them into new context. Change tenses where necessary.

1. Scientists can ___ genes to fix problems.
2. ___ should not do medical experiments at home.
3. His ___ tracks his steps and heart rate.
4. Some people try ___ to lose weight, but doctors warn it can be dangerous.
5. The heart is a ___ organ.
6. Exercise ___ your energy levels.
7. She ___ her diet by eating more vegetables.
8. Diabetes is a metabolic ___.
9. The ___ implant helps his brain control a robot arm.

10. Safety is a big ____ in medicine.

РАЗДЕЛ 4. Medicine and Society. Answer Key. (4 семестр).

PART 1. Answer Key

1. discipline
2. diet
3. fiber
4. exercise
5. immune
6. habits
7. vital
8. stress-relief
9. stress
10. sleep
11. cellular
12. water
13. digestion
14. healthcare
15. choices

PART 2. Answer Key

1. b
2. a
3. b
4. d
5. c
6. c
7. b
8. c
9. b
10. a
11. c
12. a
13. d
14. b
15. c

PART 3.

3.1. Answer Key.

1. False
2. True
3. False
4. True
5. False – they teach cells to make proteins
6. False
7. True
8. False
9. False
10. True

3.2. Answer Key.

1. to enhance

2. neural
3. to optimize
4. amateur
5. vital
6. concern
7. to modify
8. fasting
9. wearable
10. disorder

3.3. Answer Key.

1. Scientists can **modify** genes to fix problems.
2. **Amateurs** should not do medical experiments at home.
3. His **wearable** tracks his steps and heart rate.
4. Some people try **fasting** to lose weight, but doctors warn it can be dangerous.
5. The heart is a **vital** organ.
6. Exercise **enhances** your energy levels.
7. She **optimized** her diet by eating more vegetables.
8. Diabetes is a metabolic **disorder**.
9. The **neural** implant helps his brain control a robot arm.
10. Safety is a big **concern** in medicine.

РАЗДЕЛ 4. Medicine and Society. Speaking task. (4 семестр).

1. What is a balanced diet and why is it important?
2. What happens if you don't get enough sleep?
3. How are stress and physical health connected?
4. What are some global health issues?
5. What are some diseases linked to climate change?
6. How do sedentary lifestyles contribute to poor health?
7. Should governments spend more on prevention or treatment? Why?
8. What is a wearable device and how to use it?
9. What is gene editing and why it can get dangerous?
10. What is biohacking and its dangers?