**DIGESTIVE SYSTEM**

**PHRASAL VERB “LOOK”
to look after** – заботиться, присматривать

When Jake has to travel on business, his brother usually looks after his budgie.

**To look ahead** – смотреть в будущее, проявлять предусмотрительность

I have to look ahead and try to cut down my expenses for the next month.

Также существует выражение **Look ahead!** – Поберегись!

**To look at**

– 1) пробегать глазами, бегло просматривать

Can you look at my article and tell how would you name it?

– 2) изучать возможность, рассматривать варианты

Susan looked at buying a townhouse but it turned out to be too expensive.

Сьюзан рассматривала вариант покупки таунхауса, но это оказалось слишком дорого.

**To look back** – оглядываться назад (также в переносном смысле)

When I look back over the past years, I can clearly see that I was the happiest person ever.

**To look down** – относиться с пренебрежением, смотреть свысока

Don’t look down on Fred just because he is disabled. I am confident that he will be successful in life.

**To look for** – искать

I am looking for a talented graphic designer to redesign my site.

**To look forward to** – с нетерпением ожидать, предвкушать

We are looking forward to hearing from you shortly.

**To look into** – изучать, исследовать, рассматривать возможность

We are looking into the possibility of creating a new branch.

**To look over** – исследовать, осматривать

The doctor quickly looked the patient over before sending him for an x-ray.

**To look round** – осматривать (место, здание)

The first time I looked round the building, I was surprised.

**To look through** – «пробегать», быстро просматривать

Before the luncheon, he looked through the list of guests and created a seating plan.

**To look up**

– 1) искать, находить

If you don’t know the word, better look up its meaning in the dictionary.

– 2) уважать, восхищаться (кем-л.), равняться (на кого-л).

Elizabeth is admirable. She is the person I look up to.

**To look up and down** – 1) смерить взглядом 2) тщательно осматривать, обыскивать

The Duchess looked me up and down when I came in and said nothing.

Когда я вошла, герцогиня смерила меня взглядом и ничего не сказала.

The police looked the house up and down. The stone was definitely stolen.

<http://englishinn.ru/angliyskie-frazovyie-glagolyi-look-make-give-take.html#1>

Exercise 1. *Переведите, обращая внимание на выделенные сочетания.*

1. Don’t **look** a gift horse **in** the mouth. (A proverb).
2. I am **looking forward to** the trips in the mountains.
3. I have forgotten the pronunciation of the word ‘acquaintance’, where can I **look it up**?
4. The girl **looked frightened**, and she seemed to be afraid to **look at** anybody around her.
5. Hearing the noise in the corridor, the teacher opened the door and **looked out of** the classroom.
6. The streets with rows of young trees along them **looked especially beautiful** early in spring.
7. What are you **looking for** on my bookshelves?
8. The boy **looked** very much **like** his father – they even had the same manner of turning their heads.
9. Have you l**ooked through** the paper yet?

Exercise 2. *Complete the sentences using the missing words:****up, after, forward to, for, through.***

1. Look ….the baby while I’m out.
2. If you look …. It carefully, you’ll see the mark.
3. The schoolchildren always look … the holidays.
4. I’ve been looking …. My glasses for a half an hour.
5. He looked ….. the book to see if he had read it before.
6. Why are you here? Tom is looking …. You downstairs.
7. Don’t worry! The children will be looked….
8. He looked …. Me for a few moments and then smiled.
9. He asked me to look ….. the document.
10. I am looking …. Your letter.

Exercise 3. *Translate into English.*

1.Что он ищет?

2.Не смотри на меня так.
3. Она смотрела в зеркало.
4. Ребенок выглядел больным.
5. Девочка выглянула из окна и помахала мне рукой.
6. Как она выглядит?
7. Соседка будет присматривать за собакой, когда вы уедете.
8. Он с нетерпением ждал ее письма.
9. Если не знаете слова, вы можете посмотреть его в словаре.
10. Он взял газету и внимательно просмотрел ее.

**DIGESTIVE SYSTEM**

**Digestive system** is the series of organs that process and convert food into simpler substances that the body uses for nourishment. The digestive system consists of the alimentary canal — mouth, phar­ynx, esophagus, stomach, and small and large intestines —aided by secre­tions from the liver and pancreas.



When you eat, the teeth break up food by chop­ping and grinding it into fine parti­cles; glands in the mouth lubricate and moisten food with saliva, which also contains a digestive en­zyme. This helps make the food mushy and easy to swallow. Your tongue helps out, pushing the food around while you chew with your teeth. When you're ready to swallow, the tongue pushes a tiny bit of mushed-up food called a bolus to the throat, and the pharynx mus­cles push it down the esophagus (gullet - the second part of the digestive tract), a muscular tube about 25cm long that leads to the stomach.

Your stomach, which is attached to the end of the esophagus, is a stretchy sack shaped like the letter J. It has three important jobs:

to store the food you've eaten;

to break down the food into a liquid mixture;

to slowly empty that liquid mixture into the small intestine.

The stomach of an average adult can hold about 0.9 l. The muscular stomach churns food around and mixes it with gastric juice. The partly digested food passes from the stomach to the small intestine, usually after two to five hours.

The digestive process is completed in the small intestine, a narrow muscular tube about 6m long. Enzymes from the pancreas mix with enzymes from the duodenum. Bile, made by the liver and stored in the gall bladder, also enters the small intestine. Bile helps in the digestion of fats.

The digested food particles are then absorbed by lymph or blood vessels in the intestinal wall. The digested parti­cles are then carried by the bloodstream to the liver, which converts them into substances needed by the body.

Eaten material that can not be di­gested as food, such as plant fiber, passes into the large intestine, which is about 1.5m long. The waste material is excreted from the body through the end of the large intes­tine (rectum).

**Summary.** The gastrointestinal tract (GI tract) is also called the digestive tract, alimentary canal, or gut. The major functions of the GI tract are digestion and excretion. The human digestive system is a series of hollow organs joined in a long, twisting tube from the mouth to the anus. Inside this tube is a lining called the mucosa. In the mouth, stomach, and small intestine, the mucosa contains tiny glands that produce juices to help digest food. Two solid organs, the liver and the pancreas, produce digestive juices that reach the intestine through small tubes. In addition, parts of other organ systems (for instance, nerves and blood) play a major role in the digestive system.

Words:

phar­ynx - глотка

esophagus (gullet) - пищевод

stomach - желудок

small and large intestines – тонкий и толстый кишечник

pancreas – поджелудочная железа

digestive enzyme - пищеварительный фермент

to swallow – проглотить

bolus - комок пищи

duodenum

Bile - желчь

gall bladder – желчный пузырь

to digest food – переваривать пищу

digestion and excretion – пищеварение и выведение из организма продуктов, отходов жизнедеятельности (экскреция)

mucosa - слизистая оболочка

**Match the words to their translation:**

1. inflammation 2. removal 3. affect 4. causative agent 5. nausea 6. malaise 7. swelling 8. tenderness 9. intestines 10. weight loss 11. diffuse pain 12. distended abdomen 13. loss of appetite 14. gastric juice 15. bloodstream

a) потеря веса, b) недомогание, с) удаление, d) разлитая боль, е) возбудитель, f) кишечник, g) воспаление, h) потеря аппетита, i) желудочный сок, j) кровообращение, k) болезненность, l) поражать, m) тошнота n) опухоль o) вздутый живот

**Answer the questions:**

What are the main functions of the digestive system?

What organs does the digestive system consists of?

**GASTROINTESTINAL DISEASES**

**Name the factors contributing to the development оf gastritis. Say about what symptoms оf gastritis yоu have learned from the text:**

***Chronic Gastritis***

Тhе term chronic gastritis must bе limited to those cases in which evidences оf inflammation оr catarrhal changes in the stomach аrе clear.

Chronic gastritis is known to оcсur as а separate disease оr it mау bе associated with other diseases, particularly chronic liver and kidney disease. In these diseases chronic impairment of the mucous membrane of the stomach is an important factor in causing the catarrhal condition.

Тhе most important causes of chronic gastritis proved to bе alcohol, inadequate food and а bad diet regimen. Тhе characteristic clinical manifestations of gastritis are an inсrеasеd secretion of mucus and а diminished secretion of acid and pepsin. In severe forms of gastritis, secretion is observed to bе completely reduced and even absent due to the lesion of the mucus membrane.

Тhе most frequent symptoms of chronic gastritis are loss of appetite, slight pain and general epigastric discomfort after meals. In severe cases nausea and vomiting of mucus, particularly in the mоrning, аrе often observed. Frequently the stomach becomes moderately enlarged. .

Тhe course of the disease is chronic and the symptoms are сontinuоus.

Тhеy mау bеcomе worse from time to time if а sick person does not follow the diet regimen strictly.

**Read the text and do the exercise below:**

***Gastric and Duodenal Ulcers***

Тhе Soviet scientists N. Burdenko, L. Koreisha, А. Speransky and В. Mogilnitsky proved the existence of аn association between а lesion of the central and peripheral nervous systems and the development of ulcer.

The neurogenous theory of the pathogenesis of ulcer was developed further into the corticovisceral theory bу К. Bykov and I. Kurtsin. According to this theory, gastric and duodenal ulcers were found to result from disturbances in the central nervous system, i.е. the brain cortex.

The brain cortex under the influence of external and internal stimuli sends Impulses to the stomach and the duodenum, which cause а spastic contraction оf vessels. Such а spastic contraction results in local trophic disturbances rol1owed bу erosion of the affected аrеа bу the gastric juice.

In the majority of cases ulcer is observed to develop in particularly nervous persons, often after emotional overstrain. But an irregular diet in combination with an emotional overstrain is often observed to contribute to the onset of ulcer development. .

Gastric and duodenal ulcers аге found to develop тоге frequently in men than in women, mainly at ages of 25 to 40 years. This disease is characterized by pains, haemorrhages, nausea, vomiting, etc. At the onset of the disease, раin is usually dull in character. In gastric ulcers, pain is found to grow worse after meals. Acute pain in the stomach is known to bе characteristic of perforated ulcers. Раin due to ulcer is well known to occur periodically and bе intermittent in occurrence.

The course оf ulcer has proved to vary with age and sex, location of ulcers. At а young age, its course has nо characteristic clinical manifestations. In old persons, the incidence of ulcers is known to bе саusе. But they аrе often complicated bу considerable hemorrhage resulting to sclerotic changes in the stomach.

Ulсers аrе known to have а chronic, cyclic course, with remissions from 6 to 12 months. Exacerbation (обострение) of ulcers particularly that of duodenal ulcers, has been found to оссur in spring and аutumn.

**Complete these sentences in accordance with the content of the text:**

1. Patients with perforated ulcers аrе known to complain of ... (a) an acute pain in the stomach; (b) а sharp pain in the substernal аreа radiating it to shoulder.
2. In old persons ulcers аrе complicated bу hemorrhage is due to ... (а) sclerotic changes in the stomach; (b) an irregular diet in combination with а nervous overstrain. 3. According to corticovisceral theory, the development of ulcer is associated with ... (а) disturbances in the blood supply of the brain; (b) the lesions of the central and peripheral nervous systems.

**When you are describing conditions or procedures to a patient, you should use everyday language and avoid medical terminology. Match the two ways expressing the same medical problem:**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | The liver has been seriously damaged by too much alcohol |  a | peptic ulcer |
| 2 | We are going to remove the part of the stomach that is diseased |  b | gastritis |
| 3 | The long history of problems with gallstones makes us remove the gallbladder |  c | partial gastrectomy |
| 4 | The combination of alcohol and smoking is causing inflammation of the stomach lining |  d | cholecystectomy |
| 5 | The acids in the stomach have attacked the stomach lining and burrowed into the wall |  e | cirrhosis |

**Put down the terms to show the route of food in the digestive system.**

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**Answer the following questions to look at your eating habits and find out whether you are on the right track.**

**HEALTHY EATING TEST**

1. **How often can you eat at fast-food restaurants without damaging your health?**
2. Once a week
3. Twice a month
4. Once a year
5. Never
6. **Are all fast-food salads low in fat?**
7. Yes
8. No
9. **Which is the most important meal of the day?**
10. Breakfast
11. Lunch
12. Dinner
13. **According to experts, how much water should we drink every day?**
14. 1 litre
15. 2 litres
16. 3 litres
17. **Is snacking (eating between meals) good for health?**
18. Yes, always
19. No, never
20. It depends upon what you eat
21. **According to doctors, how often should we eat fish?**
22. Once a week
23. Twice a week
24. Every day
25. **Are only fresh (uncooked) vegetables good for health?**
26. Yes
27. No
28. **Is it bad to have bread and pasta for dinner?**
29. Yes
30. No
31. **What is a key factor in a healthy diet?**
32. Variety
33. Moderation
34. Balance
35. All of the above
36. **If you are trying to lose weight, what should you do?**
37. Eliminate all fat from your diet
38. Reduce the calories you consume and exercise regularly
39. Skip meals
40. All of the above