

# Home remedies ☐??

STARLIGHT 7  
Module 4



# What do you do if you...?

- have a headache
- have a toothache
- have a bad cough
- get a sunburn
- have insomnia
- have a stomachache
- have a high temperature
- take pills
- run straight to the doctor
- drink hot tea
- ask mum to help you
- go for a walk
- Stay in bed
- run to the chemist's

# Name these words in English

мед

имбирь

чай

ягода

уксу

с

сода

а

Чесно

к

Do people use natural remedies to cure health problems?

Give any examples from real life...

# Home remedies

- Read the text and fill in the table (in your copybooks)

remedy	health problems
cherry	Stomach ulcers

# Cherry

- Cherries are useful in stopping of blood and in healing of damaged skin. The roots of the cherry will help from stomach ulcers.
- If you have headache, instead of aspirin you can use cherries. If you eat 20 cherries they can replace 1-2 tablets of aspirin. Besides, cherries are much tastier. And cherries are very good for teeth.

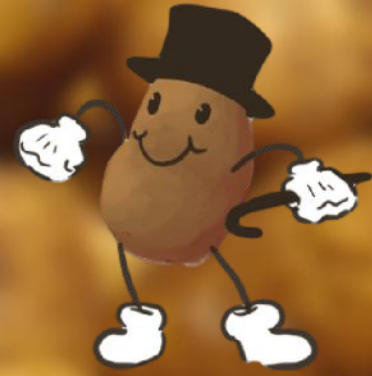


# Cranberry

- Cranberry is very useful in healing of flu. Firstly, cranberries have antipyretic effect, and secondly - remove toxins from the body. A cranberry juice mixed with honey, not only helps with the cough and fights with angina, but also improves the immune system which saves you from the next cold or flu. And because of it this berry is often recommended from the treatment of indigestion.



# Potatoes



- It ranked in the category of high-calorie vegetables and it leads to fullness. It's a pity, because there are lot of valuable ingredients that are used in Traditional medicine. Few people know that boiled potatoes can help with an upset stomach: it is an excellent remedy for indigestion and it cleanses the body from toxins.







# Bananas

- They have antibacterial and antiviral effects, improve your heart, make it easier to fall asleep.
- Bananas are good from stomach ulcer. Doctors believe that you need to eat one banana daily. And If you'll keep doing this you will save yourself from visits to the doctor because of stomach pains, caused, for example, by dyspepsia.



# Practice. Modal verbs

- <https://wordwall.net/play/1167/273/640>

# How to treat minor medical problems and injuries

- Nose bleeding
- Headaches
- You've got a cold/a cough
- You've burnt your hand
- You've got sunburn
- You've cut your finger
- You've twisted your ankle
- You've bruised yourself
- Put cold on your nose and throw your head back
- Place your hand under running cold water
- Put some sour cream on the burnt skin and rub it slightly.
- Treat the cut with spirit or fresh bread and put a plaster on it.
- Soak a cloth in vinegar and hold it on the bruise.

# Speaking

**Choose 2 home remedies.**

**Talk about:**

- **The problems (1-2) they can cure.**
- **How to use these remedies (1-2).**

Use the texts in the Presentation and SB p.64

**Speaking criteria**

Content 3

Grammar/Voc 3

don't read 2

Pronunciation 2

10-9 5

8-7 4

6-5 3