

Test 27 HYGIENE

Task 27.1 You are going to read the text aloud. You have 1.5 minutes to read the text silently, and then be ready to read it aloud. Remember that you will not have more than 2 minutes for reading aloud.

Hygiene is a set of practical rules for staying healthy and preventing the spread of diseases. Hygiene rules help to keep a healthy lifestyle, create clean environment and stop infection. Such behaviour is sometimes described as “good habits”. Hygiene is often connected to “cleanliness” through washing hands, fruits and vegetables, using safe water, taking a shower, airing one’s room, washing the floor and removing dust from furniture. Wearing a mask during flu epidemics is another recommended practice. The notion of “hygiene” may include various types of behaviour. That is why we often speak about sleep hygiene, mental hygiene, dental hygiene, occupational hygiene and others.

Task 27.2 You are going to take part in a telephone survey. You have to answer six questions. Give full answers to the questions.
Remember that you have 40 seconds to answer each question.

Task 27.3 You are going to give a talk about raising the resistance of your body to infection and diseases. You will have to start in 1.5 minutes and speak for not more than 2 minutes.

Remember to say:

- why it is important for people to resist diseases
- what food can help people resist diseases
- what people can do to raise their resistance to diseases

You have to talk continuously.

