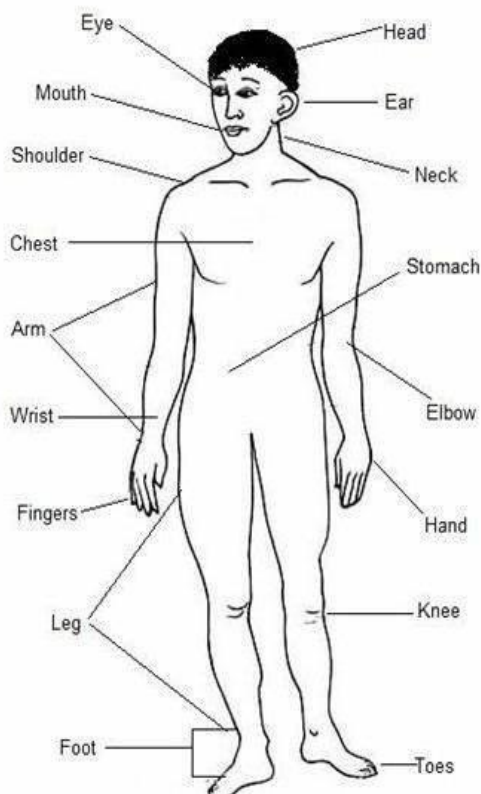


HEALTH

Main theme addressed	In this lesson you will learn to talk about the most frequent health problems, some types of illness and their corresponding remedies.
Key Goals	<p>Here is an outline of what you will learn today:</p> <ol style="list-style-type: none"> 1. Body parts 2. Health problems 3. Types of illness 4. Suggest remedies

1. Body parts



2. Health problems

Part of the body + **ache**

Sore + Part of the body

Bad + Part of the body

These three forms are usually used to talk about general health problems.

The common collocations are:

Noun + ache	Headache
	Backache
	Stomach ache
	Muscle ache
Bad + noun	Bad back
	Bad head
	Bad leg
Sore + noun	Sore throat
	Sore eyes
	Sore feet
I have + noun	I have a cold
	I have a sore throat
	I have a fever

3. Types of illness

allergy

- To have a bad reaction to animals, dust, foods or plants. The symptoms are red eyes, runny nose and sneezing.
- **Example:** He has allergy to cat hair.

cough

- It is a reflex mechanism to defend the respiratory tract that is very noisy.
- **Example:** I need a syrup – I have a bad cough.

diarrhea

- An abnormal frequency of fecal evacuations usually caused by an intestinal disorder.
- **Example:** He kept going to the toilet – he has diarrhea.

fever / temperature

- Abnormally high body temperature, to feel hot.
- **Example:** He had very high fever and they took him to the doctor's.

the Flu (influenza)

- A disease caused by a virus that can cause fever, headache, runny nose and sneezing.
- **Example:** The doctor said this flu is really dangerous.

hay fever

- An allergy to plants and flowers that cause symptoms of red eyes, a runny nose and sneezing.

- Example: He cannot go out during spring and autumn – he has a strong hay fever.

insomnia

- Not being able to sleep at night.
- Example. He hasn't slept for one week – he is suffering from insomnia.

stomachache

- A pain in the stomach or abdomen.
- Example: I don't feel like eating anything – I have a bad stomachache.

rash

- A skin condition with itchy and red spots.
- Example: He has a bad rash and he kept scratching himself.

sneeze

- An uncontrollable movement of air from the nose and mouth.
- Example: His nose was irritated so he kept sneezing.

sunburn

- Red and painful skin that comes from being in the sun too long.
- Example: He forgot to use the sunscreen at the beach and he got sunburnt.

Definitions retrieved from <https://www.ecenglish.com/learnenglish/lessons/how-talk-about-health-problems>

Exercise:

Choose one of the health problems above to complete the following sentences:

1. She got _____ from eating too much chocolate.
2. The strong smell of flowers makes us _____ .
3. We all got terrible _____ after eating too many cranberries.
4. She gets _____ every spring.
5. My daughter is quite sick: she has a bad cough, a high _____, and a runny nose.
6. I have to avoid paracetamol because I have an _____ to it.
7. I often stay awake all night with _____.
8. A tremendous dose of _____ kept Gary away from the Christmas party.
9. I got a bad _____ because I went picking apples without wearing a hat.
10. She got a _____ on her hand after touching a strange plant.
11. Smoking makes me _____.

Answers:

1. stomach ache
2. sneeze
3. diarrhea
4. hay fever
5. fever
6. allergy
7. insomnia
8. flu
9. sunburn
10. rash
11. cough

4. Remedies

<p>tablets or pills</p>		<p>vitamin c</p>	
<p>sore throat spray</p>		<p>ointment</p>	

<p>hot tea</p>		<p>indigestions tablets</p>	
<p>cough syrup</p>		<p>pain killer</p>	

Exercise:

Find a possible health problem related to the 5 enlisted remedies.

For example: Tablets: fever.

1. Vitamin C: _____
2. Sore throat spray: _____
3. Cough syrup: _____
4. Pain killer: _____
5. Ointment: _____
6. Indigestion tablets: _____
7. Eye drops: _____
8. Leg cramps and muscle pains cream: _____

Answers:

1. Runny nose
2. Sore throat
3. Cough
4. Earache, toothache
5. Backache
6. Stomach ache
7. Sore eyes
8. Muscle ache

Exercise:

Read the dialogue and answer the questions below.

Hannah: Are you ready, Tom? Let's go.

Tom: Yes, I am. Hey! Wait. My suitcase is very heavy. Is this your car Hannah?

Hannah: Yes, give me your suitcase, please. Ouch!

Tom: What's the matter, Hannah? Are you OK?

Hannah: No, I'm not. I have got a terrible pain in my back. Ow!

Tom: Oh dear! I'm so sorry. Have you got a pain in your leg too?

Hannah: Yes, I have. I can't drive. Please, Tom, call your friend Tony! Have you got his telephone number?

Tom: Yes, I have ... 23670 ... Hello, Tony! This is Hannah. Listen: Hannah has got a problem. Please, help me! We are in Parking Lot 3. Yes, thanks Tony.

1. What's the matter with Hannah?

_____.

2. Is Tom's suitcase heavy?

_____.

3. Has Hannah got a pain in her leg too?

_____.

4. Has Tom got Tony's phone number?

_____.

5. Are Tom and Hannah at the check-in?

_____.

Answers:

1. She has got a terrible ache in her back.
2. Yes, it is.
3. Yes.
4. Yes.
5. No, they aren't . They are in parking lot 3

Learn More:

<https://agendaweb.org/vocabulary/health-illness-exercises.html>

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