



# Illness and health

PRE-INTERMEDIATE

## 1 Illnesses

**Study the medical problems on the left. Translate them using a dictionary. Match them to the possible causes on the right.**

- |                   |                          |
|-------------------|--------------------------|
| 1. the flu        | a. an allergy            |
| 2. hay fever      | b. bacteria in your food |
| 3. food poisoning | c. change in the weather |
| 4. a hangover     | d. excessive smoking     |
| 5. bronchitis     | e. too much alcohol      |

**Now study the symptoms below and match them to the medical problems above.**

1. I keep coughing.
2. When I go outside, I can't stop sneezing.
3. I've got a headache.
4. I feel awful.
5. I've got a sore throat.
6. I've got a runny nose.
7. I've got a high temperature.
8. I feel tired.
9. I feel sick.

## 2 Remedies

**Look at the remedies below. Which of the medical conditions above can they be used to treat? Which remedy probably cannot be used to treat any of the above problems?**

1. Eat soup and drink water.
2. Get plenty of rest.
3. Stop smoking.
4. Take some cough medicine.
5. Take an aspirin.
6. Use a decongestant.
7. Take some antibiotics.

### 3 Lifestyles

Match the verbs on the left with nouns on the right to make lifestyle phrases.

- |           |                        |
|-----------|------------------------|
| 1. go to  | a. 5 hours a night     |
| 2. eat    | b. a balanced diet     |
| 3. have   | c. a jog every morning |
| 4. stop   | d. a lot of beer       |
| 5. do     | e. junk food every day |
| 6. go for | f. smoking             |
| 7. sleep  | g. some exercise       |
| 8. drink  | h. the gym             |

Put 'H' (Healthy) or 'U' (Unhealthy) next to each lifestyle.

Now give advice to each of the people below like in the example.

*"He should do some exercise."*

- Joe works very hard. He is often very stressed.
- Patrick sits in front of the television all day. He has very little energy and is often ill.
- Jane smokes too much. She is always coughing.
- Andrew loves junk food. He eats burgers and pizza almost every day.
- Mario spends a lot of time indoors.
- Claire works very late. She only has 4 hours of sleep every night.

### 4 Health expressions

Match the verbs on the left with nouns on the right.

- |  |  |
|--|--|
| 1. I <u>caught a cold</u> last week and had to miss four days of work.                         | a. became healthy again                      |
| 2. The girl was ill but then she <u>got well</u> .   | b. became ill with a cold                    |
| 3. My grandfather is <u>in very good shape</u> . He is even thinking about running a marathon. | c. eating less food or special kinds of food |
| 4. My mother is <u>out of shape</u> -- she cannot even walk for longer than 20 minutes.        | d. in bad physical condition                 |
| 5. You don't look well. I think you should <u>go for a check-up</u> .                          | e. in good physical condition                |
| 6. Carol is <u>on a diet</u> . She wants to lose 10 kilos.                                     | f. visit the doctor for an examination       |