### Vocabulary and Phrases

1. Antibiotics
2. Appointment
3. Backache
4. Blockage
5. Blood
6. Bones
7. Brain
8. Broken
9. Cardiac arrest
10. Check up
11. Cold
12. Cough
13. damage
14. Dizziness
15. Drop
16. Drugs
17. Eyes
18. Glasses
19. Headache
20. Healthy
21. Hearing loss
22. Heart
23. Issues
24. Joints
25. Liver
26. Lungs
27. Medicine
28. Nearsightedness
29. Nosebleed
30. Runny nose
31. Skin
32. Smallpox
33. Surgeons
34. Swallow
35. Swelling
36. Symptom
37. Temperature
38. Throat
39. Tissues
40. To catch
41. To fight
42. To look after
43. To Perform
44. To sneeze
45. To suck
46. Treat
47. Upset stomach
48. Virus
49. Wax
50. Weight
51. Weight loss
52. Gum
53. Deals
54. Schedule
55. Awareness
56. Research
57. Bucket
58. Sources
59. Charities
60. Deficiency

### Phrases

1. I have a cold
2. I have a fever
3. I am coughing a lot
4. I have a toothache
5. I’m sneezing all the time
6. I feel sick
7. I often feel sick
8. I have a runny nose
9. I feel run down
10. I feel sore
11. What’s wrong?
12. What’s the matter?
13. I broke my leg
14. I’ve got a terrible headache

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Match the parts of the body with the diseases, illnesses, epidemics or pains that are associated with them.

<table>
<thead>
<tr>
<th>A. Brain and Nervous System</th>
<th>• smallpox ( )</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• depression and schizophrenia. ( )</td>
</tr>
<tr>
<td>B. Nutrition</td>
<td>• alcohol abuse and drug abuse. ( )</td>
</tr>
<tr>
<td></td>
<td>• skin irritation and swelling ( )</td>
</tr>
<tr>
<td>C. Stomach, Intestines</td>
<td>• nearsightedness ( )</td>
</tr>
<tr>
<td></td>
<td>• hepatitis, cirrhosis. ( )</td>
</tr>
<tr>
<td>D. Liver</td>
<td>• Backache ( )</td>
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<tr>
<td></td>
<td>• a cold ( )</td>
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<tr>
<td>E. Skin:</td>
<td>• bronchitis and asthma. ( )</td>
</tr>
<tr>
<td></td>
<td>• osteoporosis, arthritis ( )</td>
</tr>
<tr>
<td>F. Heart and Circulation</td>
<td>• wax blockage ( )</td>
</tr>
<tr>
<td></td>
<td>• hearing loss and earache ( )</td>
</tr>
<tr>
<td>G. Blood</td>
<td>• nosebleed ( )</td>
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<tr>
<td></td>
<td>• high blood pressure ( )</td>
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<tr>
<td>H. Eye</td>
<td>• Conjunctivitis ( )</td>
</tr>
<tr>
<td></td>
<td>• rash and itching ( )</td>
</tr>
<tr>
<td>I. Ear</td>
<td>• vitamin deficiency ( )</td>
</tr>
<tr>
<td></td>
<td>• runny nose and stuffy nose ( )</td>
</tr>
<tr>
<td>J. Nose, Throat, Lungs</td>
<td>• Anemia and leukemia. ( )</td>
</tr>
<tr>
<td></td>
<td>• anorexia, bulimia. ( )</td>
</tr>
<tr>
<td>K. Bone and Joints</td>
<td>• rhinitis and sinusitis ( )</td>
</tr>
<tr>
<td></td>
<td>• cardiac arrest. ( )</td>
</tr>
<tr>
<td>L. Mental disorders</td>
<td>• Indigestion and upset stomach ( )</td>
</tr>
<tr>
<td></td>
<td>• Farsightedness ( )</td>
</tr>
<tr>
<td>M. Addictions</td>
<td>• diarrhea, nausea, vomiting ( )</td>
</tr>
<tr>
<td></td>
<td>• gastritis, appendicitis ( )</td>
</tr>
<tr>
<td>N. General Infections</td>
<td>• influenza ( )</td>
</tr>
<tr>
<td></td>
<td>• obesity weight loss ( )</td>
</tr>
<tr>
<td></td>
<td>• headache, migraine, dizziness ( )</td>
</tr>
</tbody>
</table>
A general practitioner or G.P. is also called a family doctor. He or she can treat most medical problems, but if the patient has a very serious condition, he/she will often refer the patient to a specialist. There are many kinds of medical specialists. For example, a pediatrician looks after children. A gynecologist specializes in women’s medical conditions. An obstetrician cares for pregnant women and delivers babies. A cardiologist deals with heart problems. If you have a serious problem with your skin, you can see a dermatologist. Surgeons perform operations. A psychiatrist looks after people with mental and emotional problems. Dentists look after teeth and optometrists check your eyes to see if you need glasses. If you have a serious eye problem, you may have to see an ophthalmologist. There are many more kinds of doctors who specialize indifferent areas of the body. Your G.P. can determine if it is necessary to see one of these.

Match the words on the left with the correct meaning on the right

<table>
<thead>
<tr>
<th>Column A</th>
<th>Column B</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. GP</td>
<td>( ) a person who check his eyes</td>
</tr>
<tr>
<td>2. Treat</td>
<td>( ) a doctor who perform operations</td>
</tr>
<tr>
<td>3. Refer</td>
<td>( ) an emergency vehicle</td>
</tr>
<tr>
<td>4. Pediatrician</td>
<td>( ) a family doctor</td>
</tr>
<tr>
<td>5. Obstetrician</td>
<td>( ) a heart specialist</td>
</tr>
<tr>
<td>6. Psychiatrist</td>
<td>( ) a person who answers the phone in an office</td>
</tr>
<tr>
<td>7. Symptoms</td>
<td>( ) give medical care</td>
</tr>
<tr>
<td>8. Receptionist</td>
<td>( ) a skin doctor</td>
</tr>
<tr>
<td>9. Ambulance</td>
<td>( ) a doctor who specializes in children</td>
</tr>
<tr>
<td>10. Optometrist</td>
<td>( ) tell about</td>
</tr>
<tr>
<td>11. Cardiologist</td>
<td>( ) a doctor who deliver babies</td>
</tr>
<tr>
<td>12. Dermatologist</td>
<td>( ) condition of an illness</td>
</tr>
<tr>
<td>13. Surgeon</td>
<td>( ) send you to someone</td>
</tr>
<tr>
<td>14. Describe</td>
<td>( ) a doctor who specialize in children</td>
</tr>
</tbody>
</table>
Identify the profession that deals with the disease, illness or sickness mentioned below and write in the blanks

- Ophthalmologist
- Pediatrician
- Oncologist
- Surgeon
- Microbiologist
- Gynecologist
- Dermatologist
- Obstetrician
- Neurologist
- Cardiologist
- Psychiatrist
- Orthopedist
- Allergists

The specialist

1. studies the anatomy, physiology and diseases of the eye: __________________________
2. studies the skin and the diseases related to it: _________________________________
3. prevents issues that can cause infertility: _________________________________
4. studies the virus and bacteria who can do harm to the human body: ________________
5. studies causes and treatments for illnesses related to the brain: _______________
6. focuses on child birth: ________________________________________________
7. focuses on the treatment and prevention of cancer: ______________________________
8. works with infants, children and teenagers in the prevention of health issues: ______________
9. works in sessions to alleviate mental illnesses: _____________________________
10. repairs and replaces broken bones: ____________________________
11. perform different type of surgeries: ____________________________
12. specializes in diseases of the heart: ____________________________
13. treats gum diseases and oral effects: ____________________________
14. deals with allergic reactions: ____________________________
Complete the questions with if you followed by the correct expressions from the box.

1. feel run down
2. feel sore
3. get a toothache
4. get an upset stomach
5. have a bad cough
6. have a headache
7. have a runny nose
8. have a sore throat

1. Do you gargle salt water if you______________________________
2. If you______________________________after a meal, do you drink herbal tea?
3. What do you do if you______________________________and you have no energy?
4. Do you stretch if you______________________________after exercising?
5. If you______________________________and itchy eyes, do you take allergy medicine?
6. If you______________________________, do you go to the dentist right away?
7. What do you do if you______________________________? Do you suck on a cough drop?
8. What do you do if you______________________________? Do you take aspirin?

Complete the sentences with the correct verb from the parenthesis

1. I______________________________ sick (do, take, have)
2. I______________________________ allergies (do, see, have)
3. We______________________________ stressed (feel, do, have)
4. They______________________________ exercises (do, feel, go)
5. I have to______________________________ home (do, stay, take)

Talking about health (Listening)

Ben and Fay are talk at work. Put the conversation in order using the numbers (1 to 8)

- ____ and go to bed when you get home
- ____ Hi, Ben are you Ok?
- ____ well, why didn’t you take the day off?
- ____ oh dear, what’s wrong
- ____ ok, see you tomorrow, maybe, bye
- ____ no, I’m not feeling really well
- ____ yes, that’s good idea
- ____ I’ve got a terrible headache

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I don’t feel very well

Listening: Listen and complete these three conversations (Real Listening and Speaking 1 – Track 35)

A:
What’s the _______________?
I don’t _______________ very well. I’ve got a bad _______________
Oh dear. I’m _______________ to hear that

B:
What’s _______________?
My back _______________
______________ you!

C:
Are you _______________ OK?
Not really. I think I’ve got a _______________
I hope you feel _______________ soon

Look at the conversation and find three expression for each column

<table>
<thead>
<tr>
<th>Asking about someone’s health</th>
<th>Explaining a health problem</th>
<th>Showing Sympathy</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

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Giving advice

Focus on giving advice

Complete each sentence using should or shouldn’t

When you feel very ill, you…

_____________________ see a doctor
_____________________ take some medicine
_____________________ continue to work
_____________________ go home and rest

To keep healthy you…

_____________________ drinks lots of water
_____________________ smoke
_____________________ eat fresh fruits and vegetables
_____________________ exercise regularly
_____________________ eat a lot fried food

Focus on Imperatives

Look at these sentences that doctors use to give advice

✓ Drink a lot of water
✓ Don’t eat unhealthy food

Use the verbs in the imperative to complete each sentence

use, work , try, take , stay , go , drink

1. _________________ one tablet twice a day
2. _________________ to work this week
3. _________________ in bed for a few days
4. _________________ too much coffee
5. _________________ this cream every night
6. _________________ to relax and rest
7. _________________ too hard
Complete these sentences using the words below

✓ sprained ✓ blotches ✓ sore
✓ temperature ✓ swollen ✓ rash
✓ runny ✓ bleed ✓ feverish
✓ numb ✓ itchy

a) my foot is badly ________________
b) I need some tissues. I’ve got ________________ nose
c) Have you got anything for a ________________ throat?
d) Mike often has a nose_______________ in the morning
e) Aunt Sophia has ________________ her ankle
f) I’ve got a high_______________
g) I feel very ________________ I am sweating a lot.
h) I have no feeling in my fingers. They are_______________
i) I’ve got a bad_______________ on my arm.
j) What are these_______________ all over my neck
k) My legs are very ________________ I can’t stop scratching

A CARE PLAN TO PREVENT SKIN DAMAGE

Here’s how to prevent skin damage caused by the sun. Use a sunblock cream. Put it on fifteen minutes before you go out into the sun. Wear a hat and close-weave fabrics, wear a shirt with a collar, not a T-shirt (remember a wet T-shirt still transmits ultra violet –UV- radiation). Try to work or play outdoors before 11:00 A.M. and after 3 P.M. to avoid the very dangerous times of the day for sunburn.

1) What is the main cause of skin damage? __________________________.
   a) Shirts with collars   c) Ultra violet rays
   b) Sun block cream      d) Dry T-shirts

2) What kind of clothes protect people from UV radiation? ________________.
   a) Any T-shirt               c) T-shirts without a collar
   b) Wet T-shirts             d) Those made of close-weave fabrics

3) At what time is the exposure to the UV rays dangerous? ________________
   a) From 3 p.m. to 11 p.m.
   b) From 11 a.m. to 3 p.m.
   c) After 3 in the afternoon.
   d) Before eleven in the morning.
When you have watery eyes and a running nose, you sneeze a lot, and you use boxes of tissues, what's the matter with you? Of course, you have a common cold. It makes you feel really uncomfortable. What is the best remedy? Some people go straight to the drugstore, and they buy lots of medicines. They buy aspirin, vitamin C, nose drops and cough syrup.

Other people prefer traditional home remedies like chicken soup, lemon tea or a mixture of hot milk and honey. Ginger tea is very popular in Asia. Naturalists say they never catch colds because they are in constant contact with nature. In winter, Doctors usually say a cold lasts with treatment less than a week or more than eight days without it. when the weather is freezing, some of them go swimming in ice-cold water. They say, “Jump into a pool of cold water” because the shock clears the head

Select the appropriate alternative to complete each sentence, according to the previous text.

1. An ordinary cold produces _______________.
   a) watery eyes 
   b) box of tissues 
   c) some aspirins 
   d) a lot of vitamin C

2. To fight against a cold, it is convenient to _______________.
   a) take a drastic remedy 
   b) buy some boxes of Ginger 
   c) jump into a pool of cold water 
   d) get some medicines at the drugstore

3. Naturalists say they never catch a cold because _______________.
   a) they don't like natural remedies 
   b) they love to be in contact with nature 
   c) they are always close to frozen things 
   d) Nature makes them feel uncomfortable

4. Traditional home remedies against a cold are _______________.
   a) mixed cold tea and milk 
   b) ginger tea and lemon tea 
   c) water with ice and nose drops 
   d) many aspirins and some vitamin C pills

5. A cold lasts _______________.
   a) fewer days with treatment 
   b) seven days with treatment 
   c) the same time with or without treatment 
   d) less than seven days without treatment
SLEEP

Most people need seven to eight hours of sleep a night. Some people need less than this, and some people need more. According to sleep expert Dr. Robert Schachter, many people have difficulty sleeping, but they do not know why. Most people know it is important not to drink coffee or tea before they go to bed – both beverages have caffeine. Caffeine keeps people awake. However, not everybody knows that some medicines, such as cold tablets, also have caffeine in them. Stress can cause insomnia, too. Busy people with stressful jobs may not be able to sleep at night. Dr. Schachter suggests, “You shouldn't use your bedroom as a TV room or an exercise room. You should use it for sleeping only. It’s a good idea to have a regular sleeping schedule. Get up and go to bed at the same time every day. It’s also important not to eat before bedtime. Eating may keep you awake.” And if all this doesn’t work, try counting sheep!

1) How many hours of sleep do most people need? About ________.
   a. ten
   b. five
   c. nine
   d. seven

2) Why do many people have difficulty sleeping? Because they ________.
   a. count sheep
   b. feel stressed
   c. avoid eating before bedtime
   d. have a regular sleeping schedule

Complete the statements

a) You shouldn’t drink before__________ and __________ before going to bed
b) You should go to bed at the same __________ every __________
c) Insomnia can also be caused by________________________
d) Cold Tablets have __________________________ as an ingredient
 e) It is not recommended to have _____________ in the bedroom
 f) The bed must be only for __________________
g) Counting __________________ can be options in everything else fails.
The Ice Bucket Challenge

The **Ice Bucket Challenge** is an activity involving dumping a bucket of ice water on someone’s head to promote awareness of the disease amyotrophic lateral sclerosis (ALS) and encourage donations to research. It went viral on social media during July–August 2014. In the US, many people participate for the ALS Association. The origins of the idea of dumping cold water on one’s head to raise money for charity are unclear and have been attributed to multiple sources. ALS is characterised by muscle spasticity, rapidly progressive weakness due to muscle wasting. This results in difficulty speaking, swallowing, and breathing.

**Rules:** Within 24 hours of being challenged, participants must record a video of themselves in continuous footage. First, they are to announce their acceptance of the challenge followed by pouring ice into a bucket of water. Then, the bucket is to be lifted and poured over the participant’s head. Then the participant can nominate a minimum of three other people to participate in the challenge.

**Impact** After the Ice Bucket Challenge went viral on social media, public awareness and charitable donations to ALS charities soared. Within weeks of the challenge going viral, *The New York Times* reported that the ALS Association had received $41.8 million in donations from July 29 until August 21. More than 739,000 new donors have given money to the association, which is more than double the $19.4 million the association received during the year that ended January 31, 2013. On August 29, the ALS Association announced that their total donations since July 29 had exceeded $100 million.

**True or False**

Mark the statements **True (T)** or **False (F)** in the space provided.

1. The Ice Bucket Challenge is an activity to raise awareness about the ALS disease: __________
2. The Ice Bucket Challenge wants to keep participants from donating: __________
3. The origin of the Ice Bucket Challenge is attributed to one source: __________
4. The Ice Bucket Challenge indicates that only two people can be nominated: __________
5. The water used in the challenge must be warm: __________
6. The challenge must be taken 24 hours after being nominated: __________
7. The donations to the ALS charities declined: __________

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Grammar Focus

What should you do for a cold

a) It is important to get a lot of rest
b) It is sometimes important to eat garlic soup
c) It is a good idea to take vitamin C

Look at these health problems, Choose several pieces of good advice for each problem

- Sore throat:__________________
- Cough:_____________________
- Backache:__________________
- Fever:_____________________
- Toothache:__________________
- A bad headache:_____________
- A burn:_____________________ 
- The flu:_____________________

Advices

a) Take some vitamin C
b) Put some ointment on it
c) Drink lots of liquids
d) Go to bed and rest
e) Put a heating pad on it
f) Put it under cold water
g) Take some aspirin
h) See a dentist
i) See a doctor
j) Get some medicine

Write 5 sentences using the information used above

a) If you have the Flu, It is important to take vitamin C
b) __________________________________
c) __________________________________
d) __________________________________
e) __________________________________
f) __________________________________
Conversation: Health Problems (Interchange 1)

Complete the conversation and practice with a partner

Joan: Hi, Craig! How are you?

Craig: Not so ________. I have a _________ cold

Joan: Really, That’s too bad! You should be at home in bed. It’s really important to get a lot of _________

Craig: Yeah, You are right

Joan: Have you ________ anything for it?

Craig: No I haven’t

Joan: Well, It is sometimes helpful to eat _________ soup. Just chop up a whole head of garlic and cook it in chicken stock. Try it! It really _______

Craig: Yuck! That sounds awful

Help: terrible, works, rest, taken, garlic, good

Conversation: What do you suggest? (Interchange 1)

Complete the conversation and practice with a partner

Pharmacist: Hi, May I help you?

Mrs. Webb: Yes, Please. Could I have something for a ______? I think I am getting a cold

Pharmacist: Sure, Why don’t you try these cough ________? They work really well

Mrs. Webb: I’ll take one box. And what do you suggest for a dry ______?

Pharmacist: Well, you could get a jar of this new ____________, It is very good

Mrs. Webb: Ok. And one more thing. My husband has no _______________ these days. Can you suggest something?

Pharmacist: He should some of these multivitamins. They are ______________

Mrs. Webb: Great! May I have three large bottles, please?

Help: drops, energy, cough, excellent, lotion, skin

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