



# Health and illnesses

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# Discussion questions

- How often are you ill?
- When were you at the doctor's last?
- What were your problems/symptoms?
- What did the doctor suggest? How did he/she examine you?
- What illnesses are common in your country?
- What should you do in order to be in good health?
- What should you eat?/What should not you eat?/What should you avoid?
- What addictions have you already heard about?
- Can you name some departments in hospitals? Who works there?
- Have you ever had an operation?

# What causes illnesses?



# Unhealthy habits

Fizzy drinks

Junk food



Fatty food

To have a sweet tooth



# Addictions



## Types

- Being a mouse potato (Computer geek)
- Being a couch potato
- Shopaholism (Shopaholic)
- Workaholism (Workaholic)
- Gambling
- Coffee-addiction (Coffee - addicted)
- Coke-addiction (Coke - addicted)
- Sweet (chocolate) - addiction
- Alcoholism and smoking
- Drug-taking
- Eating disorders: Bulimia(bulimic)
- Anorexia (anorexic)
- Compulsive disorders, etc.

## Solutions

- Rehabilitation (hospitals)
- Nicotine patches
- Family/friends/love& support
- Medicine (Medication)
- Therapy (psychologist)
- New hobbies, etc.
  
- Question: Do you know anybody who is addicted to anything?

# What's your problem?

To have a splitting/  
terrible headache

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To have a runny/streaming/  
blocked nose

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# What's your problem?

To have a hacking/  
dry/tickly cough

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To have a bruise

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# What's your problem?

To feel dizzy

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To lose consciousness/  
to faint

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# What's your problem?

To have a rash

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To have a heart attack

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# What's your problem?

To have a  
nagging/excruciating/  
harsh backache

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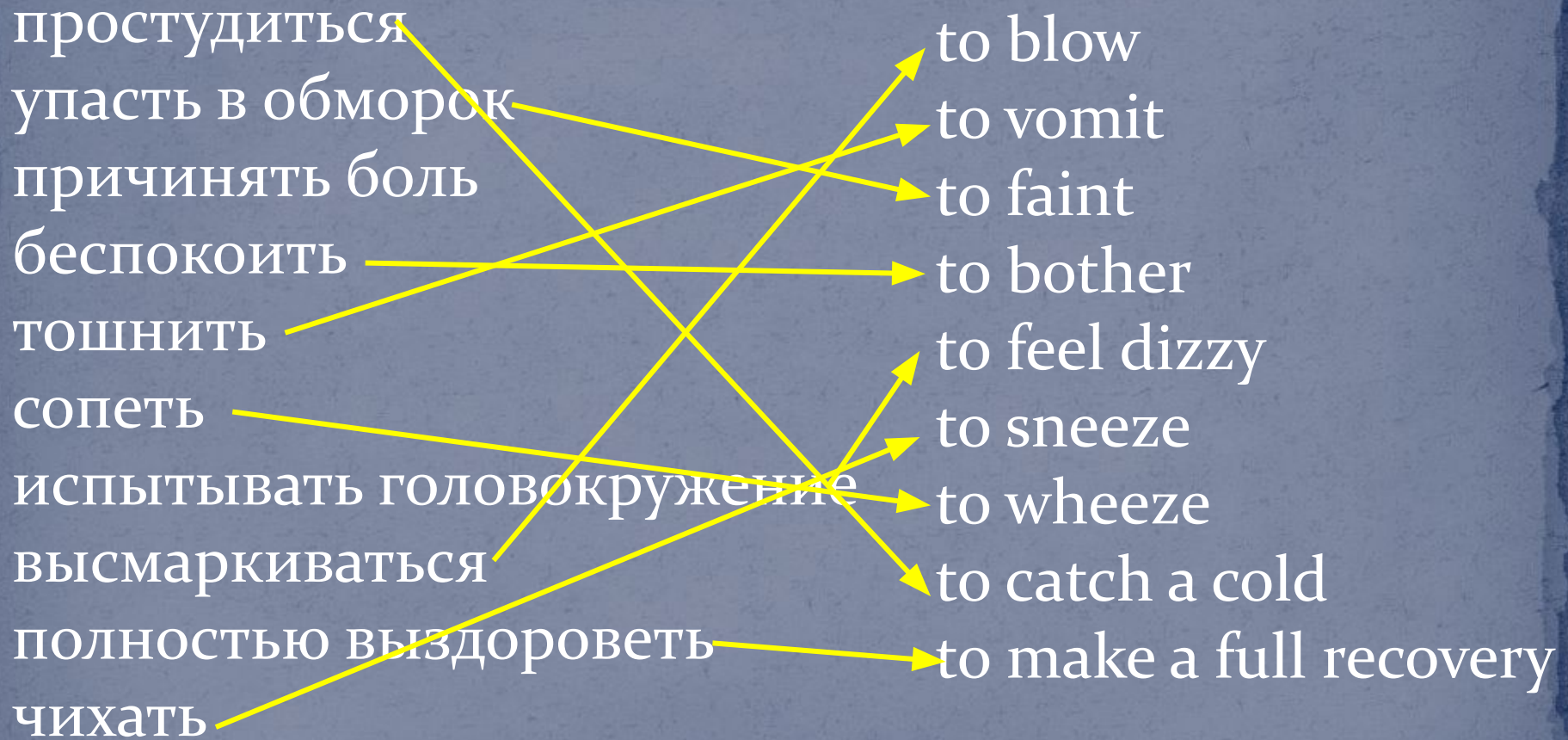


To get a stiff neck

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# Match



# Give advice to each person

- Mary, who is 82, has got a bad attack of flu.
- Jack has got a bad sore throat and cough.
- Bill has sprained his ankle.
- John has just had a heart attack.
- Mary keeps vomiting and she has a diarrhea.
- Susan can't give up smoking and drinking too much alcohol.

*If I were you, I would/wouldn't..+..V1...*

*I think you should.....V1*

*I don't think you should....V1*

# Do you understand these idioms?

- A sound mind is in a sound body.
- An apple a day keeps the doctor away.
- Prevention is better than cure.
- Be as fit as a fiddle.
- Be as cool as a cucumber.
- Be back on your feet.
- Be a bag of bones.
- To feel under the weather.
- Be off colour.
- Drop like flies.
- Kick the bucket.



**Fill in:** caught, running, aching, rash, attack, allergic, breathing, sore, blowing, hoarse, wheeze, sneezing, dizzy, vomiting

1. John's grandfather has just had a heart **attack**.....
2. John was **vomiting** all night. He must have a stomach bug.
3. I feel **dizzy**.....I think I'm going to faint.
4. Are you ill? Your voice sounds **hoarse**.....
5. I think I've **caught** a cold. My nose won't stop **running**.....and I've got **aching** muscles.
6. I've got a strange **rash**..... on my arm. Maybe I've had a(n) **allergic** reaction to something.
7. My brother has asthma so running makes him **wheeze**.....
8. I had difficulty **breathing** after I ran the race.
9. My nose is **sore**.....because I've been **blowing** it so much.
10. My hay fever's really bad today. I can't stop **sneezing**....!

# Healthy way of life



Speech therapist – psychiatrist – physiotherapist-  
Plastic surgeon – midwife – GP (general practitioner)

**He/She should go to the .....**

1. Mrs Crawford has got problems with hips.
2. Luke doesn't like the shape of his nose.
3. Tony thinks he's got the flu.
4. Louise is going to have a baby.
5. Little Sammy can't pronounce "s" very well.
6. Virginia suffers from depression.



# Medical checkups/Examinations

## What does the doctor do?

- To ask for symptoms
- To use stethoscope to listen to smb's heartbeat and lungs
- To look at smb's throat and tongue
- To take smb's temperature and blood pressure
- To take a blood sample
- To examine the patient
- To diagnose an illness
- To prescribe medicine/pills/painkillers/tablets/ointment/vitamins/
- To suggest doing sg (e.g. staying in bed, relaxing, drinking hot tea with lemon, taking vitamins, doing exercises, undergoing a surgery etc.)



# Role-play



## Student A

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- You are abroad. You have a stomach-ache.
- You ate smth bad yesterday and you don't feel well. Go to the doctor and tell her/him about your problem. You have health insurance.
- You have not taken any medicine yet.
- Ask where the nearest pharmacy is.

## Student B

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- You are a doctor.
- Ask what your patient's problem(s).
- Ask when his/her symptoms started.
- Ask what he/she ate yesterday.
- Ask if he/she has taken any medicine.
- Ask if he/she is allergic to any medicine.
- Ask if she/he has health insurance.
- Suggest having a diet (toasts, boiled potatoes, hot tea with lemon for a day).
- Prescribe some medicine.
- Tell him/her where the nearest pharmacy is.

# Exam practice



You will have to start speaking in 1.5 minutes and will speak for not more than 2 minutes (12–15 sentences). In your talk remember to speak about:

- where and when the photo was taken
- what/who is in the photo
- what is happening
- why you took the photo
- why you decided to show the photo to your friend

You have to talk continuously, starting with: "I've chosen photo number... "

# Mock debate

Vegetarianism is healthy.

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- Convince your partner.



Vegetarianism is unhealthy.

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- Convince your partner.

