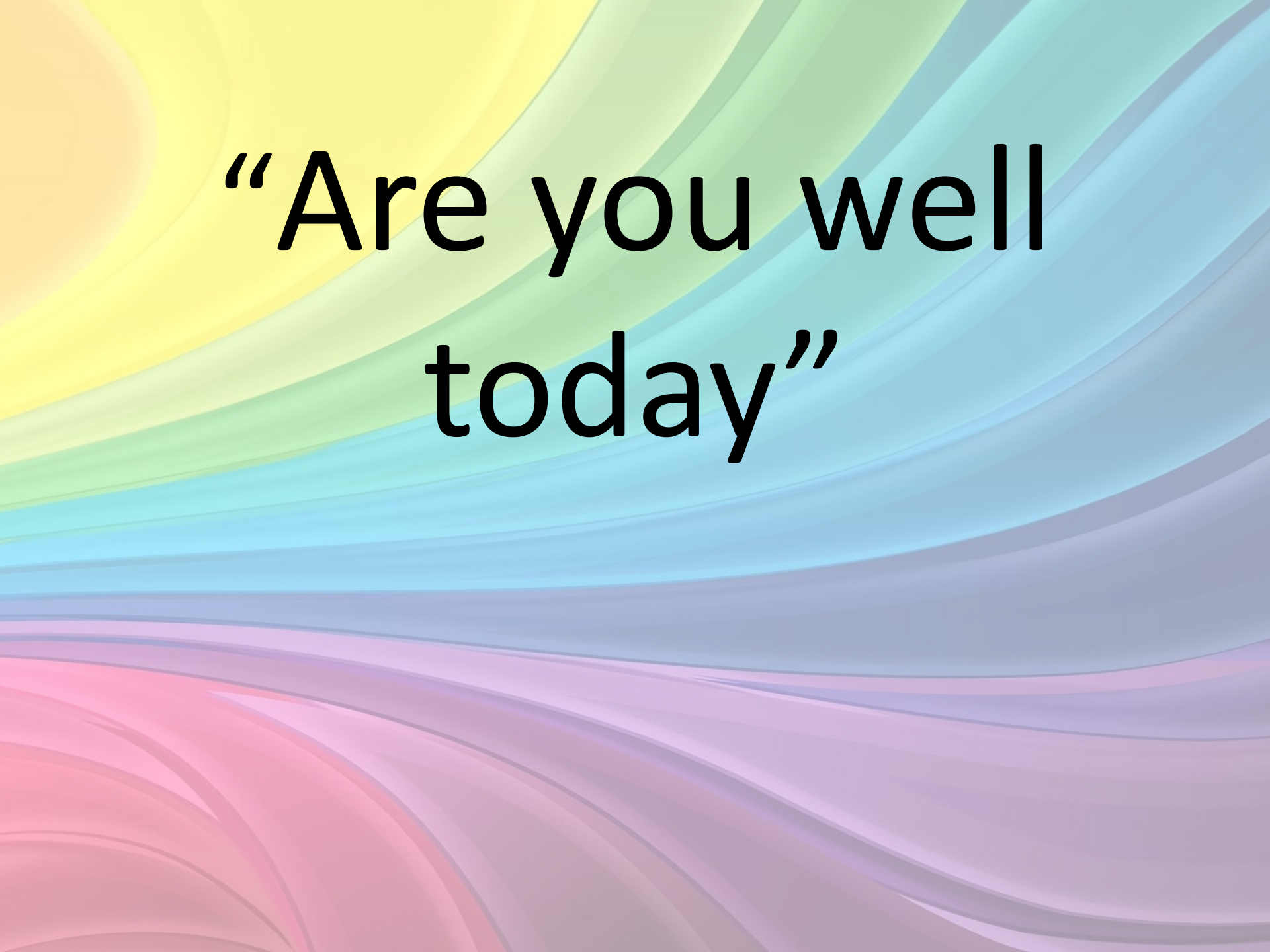




**HEALTHY BODY, HEALTHY MIND**



**“Are you well  
today”**



# How are you?

## HOW ARE YOU?

sick

sleepy

happy

SUPER

mad

so so

good

bad

sad

hungry

tired

okay

fine



# Proverbs about health.

- 1. A sound mind in a sound body.
- 2. An apple a day keeps doctor away.
- 3. A merry heart is a good medicine.
- 4. Live not to eat, but eat to live.
- 5. Wealth is nothing without health.
- 6. Early to bed and early to rise makes a man healthy, wealthy and wise.



Divide the words into two groups.

- Ecology
- Medicine
- Hospital
- Pollution
- Ambulance
- Temperature
- Acid rain
- Operate
- Patient
- Treat

Vitamins  
Nature  
Toxic fumes  
Painkiller  
Capsule  
Health care  
Assistance  
Rubbish  
Hurt  
Come down with

# Phonetic Drill

[ e ]

health

dentist

head

headache

medical

check

get better

[ æ ]

back

backache

matter

that

accident

examine

fat

health

break an arm

stay in bed

do exercises

healthy food

visit a doctor

call a doctor

be fit

feel

hospital

get better

medical check

unhealthy diet

use a plaster

heart trouble

drink herbal tea

health problem



# Form the new words

Head

- Heart
- Tooth
- Stomach
- Ear
- Muscular
- Eye

ACHE



# Must/should or mustn't/shouldn't

1. You **must** ..... call for medical help.
2. You **mustn't** ..... move your arm.
3. You **should**.. take some medicine.
4. You **should**... stay in bed.
5. You **shouldn't** eat unhealthy or exotic food.
6. You **shouldn't** drink cold water.
7. You **should**.. drink herbal tea with honey.
8. You **shouldn't** eat a lot of sweets.
9. You **must**.... visit a dentist.
10. You **shouldn't** drink much coffee.



# Match the phrases below

- I have a horrible headache
- My back hurts
- I have a sore throat
- I've got a stomachache
- Take a short break
- I have a high temperature
- Have a cup of tea with honey
- You'll work better after it
- I ate smth. Bad
- Take an aspirin
- I'll be down
- I worked too much yesterday

# Health Code

## You should

## You shouldn't

- Get up early and go to bed early
- Wash your hands before eating
- Smoke
- Watch TV too long
- Go in for sports
- Clean your teeth once a day
- Sleep enough
- Take a cold shower
- Eat too many sweets
- Spend much time indoors
- Eat between meals
- Air the room

### saying how you are

- ✓ I don't feel well.
- ✓ I feel ill.
- ✓ I feel terrible/horrible.

### showing interest

- ✓ What's the matter?

### describing condition

- ✓ I've got (a) ...

### showing sympathy

- ✓ I'm sorry to hear that.
- ✓ How awful!
- ✓ That's a pity!

### asking for detail

- ✓ Have you ever ...?
- ✓ Have you ... today?

### giving advice

- ✓ You should ...
- ✓ You shouldn't ...
- ✓ You must ...
- ✓ You mustn't ...

### accepting advice

- ✓ That's a good idea!
- ✓ I think, I will.

### expressing hope

- ✓ I hope you will get better soon.



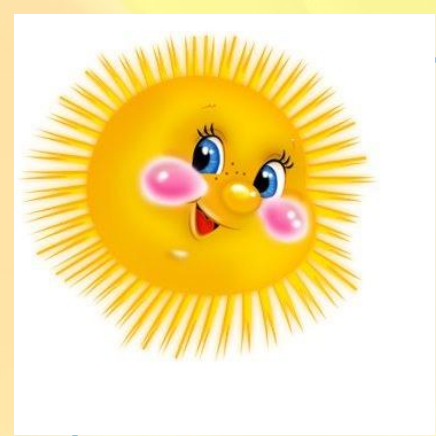
# Models of the dialogues

- What's the matter with you?
- I feel bad. I have headache.
- I think you should go to the doctor.
- OK. You are right.



# Models of the dialogues

- What troubling you?
- Doctor I have heartache.
- Let me examine you. I'll listen to your heart
- and take a pulse.
- OK
- Take this medicine three times a day.
- Thank you doctor.



**Good luck!**