



Skills 2: Reading and writing

1 For these questions, choose the correct answer for each gap.

Traditional cold and flu treatments around the world

Akira, Japan

In Japan, when we have a cold or the flu, we make a hot drink made from plums and green tea. It's very healthy. My grandparents have (1) ... green tea for a long time and they haven't had the flu (2) ... 15 years!



Jodie, Ireland

In Ireland, when people have a cold or the flu, they put onion in their socks at night! I don't do that! I've had a bad cough since Monday. It's very (3) ... I've read that chocolate has got an ingredient that stops coughing and helps with the pain, so I'm (4) ... a chocolate cake for dinner tonight!



Nadia, Ukraine

In Ukraine, when I have a cold or the flu, I don't usually take any (5) ... My grandma makes *Kogel mogel* for me instead. It's a drink made from eggs, honey, milk and butter. It's got a strange taste, but it always makes me feel (6) ... !



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|----------------|------------|----------------|
| 1 A drank | B drink | C drunk |
| 2 A for | B since | C from |
| 3 A patient | B painful | C injured |
| 4 A will make | B makes | C making |
| 5 A medicine | B bandage | C prescription |
| 6 A the better | B the best | C better |

2 Work in groups. Discuss a traditional health treatment in your country. Read the questions and write notes in your notebook.

- What is the treatment?
- What does the treatment do?
- What do you do with the treatment?
- Does anyone you know use the treatment?
- Do you think the treatment helps?

3 Choose one of the countries from Activity 1. Write about the similarities and differences between the traditional health treatment in this country and the traditional health treatment in your country. Write 25–35 words in your notebook.