

## UNIT 3. HEALTHY BODY, HEALTHY MIND. PART 2.

### Idiomatic Expressions

1. The following expressions were used in the conversations with the doctor. What do you think they mean?

That's easier said than done.	
To feel off color	
To burn the candle at both ends.	
To take it easy.	
To be/ feel worn out	
To be/feel run down	
To feel under the weather	
To feel as right as rain	

Fill in the gaps with the idiomatic expressions.

1. You should go on a diet and start regular exercises. - Oh, \_\_\_\_\_, doctor!
2. I've been preparing for the exams. And I \_\_\_\_\_, I've been having splitting headaches. What do you think is wrong with me? - Well, it seems as if you \_\_\_\_\_. You're overtired, and I think you should \_\_\_\_\_ for a while and have enough sleep.
3. What can I do for you, Mrs. White? - I'm always tired, and I'm absolutely \_\_\_\_\_ at the end of the day.

4. Hello, Mr. Rose. How are feeling? - I feel a bit \_\_\_\_\_.

I will write out a prescription for you. Have lots of fluids, and you will feel \_\_\_\_\_.

**Which of the expressions could you use in the following situations?**

- a. Your friend has been working very hard and you think she needs a rest.
- b. You're at work but you don't feel very well and you want to go home.
- c. Someone gives you advice which is very difficult to follow.
- d. You want to tell your friend she'll soon recover from her illness.
- e. Your friend is looking tired. He works during the day and stays up late at night.

**Ask and answer the questions below. Try to use the multi-word verbs and expressions from this unit.**

1. Do you smoke? If yes, how many cigarettes do you smoke a day?
2. Have you ever tried stopping or reducing the amount of cigarettes you smoke?
3. Have you changed your eating habits recently? (reduced the amount of fatty food you eat, or gone on a diet)?
4. Would you consider doing any of the following activities to keep fit? (jogging, aerobics, cycling, golf, other)

### Out of

danger	condition	touch	reach	sorts	the question

1. After the car accident we all thought she was going to die, but she is recovering and is now \_\_\_\_\_.
2. I haven't taken any exercise for a long time, so I'm probably \_\_\_\_\_.
3. I haven't read any medical books or articles on the subjects for a long time, so I'm \_\_\_\_\_ with recent developments.
4. You must always put pills and medicines somewhere \_\_\_\_\_, such as on a high shelf, so that children can't get hold of them.
5. I'd like to go to the party, but I'm feeling \_\_\_\_\_. I think it's better if I go to bed with a hot water bottle.
6. At the moment, the operation on his leg is \_\_\_\_\_. It is far too dangerous and probably wouldn't be a success anyway.

### Phrasals with 'down'

slow down	Bring smth down	Calm down	Die down	Cool down	Quieten down

In the following sentences the multi-word verbs are all mixed up. Correct them.

1. The soup is too hot to eat. I'll wait for it to slow down.
2. The government is trying to calm down the rate of inflation.
3. You're driving too fast. Please quieten down.

4. Don't get so angry! Just bring down.
5. Can you ask the children to die down? They're making so much noise, I can't hear myself think!
6. The wind blew strongly for several hours but then it started to cool down.

**What's the answer?**

1 What is the difference between:

- a. *to pick up* a disease and *to go down* with a disease?
- b. *to wake up* and *to come round*?
- c. *to be worn out* and *to be run down*?

2 What is the opposite of *to pass out*?

**Jokes**

-Doctor, can you help me out?	- Sleep in another room.
- Doctor, I snore so loudly that I keep myself awake. What can I do? -	Certainly, which way did you come in?
-Doctor, I'm having trouble with breathing.	-Which one?
- Doctor, I keep seeing double. - Sit on the coach.	We'll soon put a stop to that.