

- 1.1 Complete the table with words from A and B opposite. The first one has been done for you.

Noun	Adjective
fitness	fit
health	
illness	
sickness	

- 1.2 Make word combinations using a word from each box. Look at B and C opposite to help you.

complete feel get poor travel	sickness health remission sick over
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- 1.3 Complete the conversation. Look at B opposite to help you.

Doctor: How are you feeling today?

Patient: Not very (1)

Doctor: How long have you been feeling (2) ?

Patient: About a week.

Doctor: What is your (3) like normally?

Patient: Very good. I'm usually quite (4) and (5)

Doctor: What is the problem now?

Patient: It's my stomach.

Doctor: Do you feel (6) ?

Patient: Yes.

Doctor: Have you actually been (7) ?

Patient: No.

Doctor: Have you had any serious (8) in the past?

Patient: No, none at all.

- 1.4 Choose the correct word to complete each sentence. Look at B and C opposite to help you.

1 Her condition (deteriorated/improved) and she died.

2 He (relapsed/recovered) and was allowed to go home from hospital.

3 The cause of sleeping (illness/sickness) was discovered in 1901.

4 The patient made a full (remission/recovery).

5 I have been in (poor/good) health for months and feel very fit.

6 It was a month before I (got over / got better) the illness.

7 He seems to be rather (unhealthy/unwell) – his diet is bad and he never exercises.

Over to you

What advice do you give people for keeping fit and well?