

**Ex. 1 Match the words in the box with parts of the body.**

check   ankle   wrist   elbow   neck   forehead   knee   stomach   shoulder   waist   chin

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.



**Ex. 2 Listen to a podcast about forest bathing and complete the gaps.**

1. Forest bathing involves sitting in a forest and  in fresh air.
2. Forest bathing helps to  our heart rate and blood pressure.
3. It also generally  our health.
4. Scientists think that it helps our immune .
5. This can help to  cancer and other diseases.

**Ex. 3 Match the words and phrases with the medical problem that each person (1-6) has.**

Headache   sore throat   high temperature   runny nose   broken leg,  
sprained ankle   stomach ache

1. It really hurts to swallow and I can't talk properly.  
This person has \_\_\_\_\_.

2. I think I ate something bad.

This person has \_\_\_\_\_ .

3. My forehead is really hot.

This person has \_\_\_\_\_ .

4. Do you want to write something on the plaster cast on my leg.

This person has \_\_\_\_\_ .

5. I need another tissue.

This person has \_\_\_\_\_ .

6. I fell while I was running. Now it's really painful and I can't walk properly.

This person has \_\_\_\_\_ .

**Ex. 4 Match each medical problem in the box with descriptions (1 – 7).**

sting

bruises

flu

nosebleed

hay fever

spots

acne

1. If you hit or bang a part of your body hard you will get these.

2. When this happens to you, you must tip your head forward and pinch your nostrils to stop the blood coming out.

3. This is caused by a bee or wasp, for example, and might give you red skin or pain.

4. Teenagers often get these on their cheeks or forehead.

5. This medical problem causes a lot of red marks on your face and neck.

6. People who are allergic to flowers sneeze and have a runny nose because of this.

7. This virus usually causes you to have a fever, cough, sore throat, and headache.

**Ex. 5 Choose the right word.**

1. Anna suffers from \_\_\_\_\_ .

2. Don't spread germs on other people! Cover your mouth when you \_\_\_\_\_ .

3. Melanie was very ill with flu, but she's \_\_\_\_\_ now.

4. Mum my legs \_\_\_\_\_ today.

5. Kelly is keeping her son at home today because she doesn't want him to catch the \_\_\_\_\_ that's going round.

6. The doctor gave me a \_\_\_\_\_ .

7. I'm feeling a bit \_\_\_\_\_ . I think I'll lie down for a few minutes.
8. Why don't you take an aspirin for your \_\_\_\_\_.
9. I was given this \_\_\_\_\_ to put on the spots.
10. This \_\_\_\_\_ will help you stop your cough.
11. \_\_\_\_\_ are used to fight off bacteria, not viruses.
12. You should always have \_\_\_\_\_ in your first-aid-kit for small cuts.