

VOCABULARY | Complete the text with the words below.

dizziness

ill

painful

prescribe

tiredness

travel sickness

Motion sickness

It's that horrible feeling that starts in your stomach.

You feel (1) dizzy, you feel sick and for some people it ends with a (2)

headache. Although it's often called (3) , it's

really motion sickness. Some people get it on exciting rides at the fair or even watching 3D movies where they complain of (4) and nausea.

In very serious cases, the doctor might (5) tablets, but there are other remedies such as ginger or wristbands that don't cause

(6) . Other remedies include sitting on brown paper!

Maybe it's worth trying as nobody wants to be (7) on holiday.

GRAMMAR | Complete the sentences with the words below.

all

both

either

none

nor

1. Emma and Diane love their BMX bikes.
2. They all went hang-gliding, but of them enjoyed it.
3. Neither Carl Jane enjoyed paragliding.
4. Never again. I tried three sports and of them made me sick!
5. She looks hot. it's the weather or she's got a temperature.

DICTATION | Listen to the recording. Write the sentences.

