Health and body care

Read and fill in the missing words.

toothache | broken leg | stomach ache | cold | cough | sore throat | headache

1 I can't walk. I have got a _____.

2 Poor Jessica! It's her concert night and she can't sing. She has got a _____. She has to drink hot tea with honey.

3 I think Bob isn't well. He can't finish a single sentence because he has got a terrible _____.

4 Jane is very angry. She has got a _____ but she doesn't want to see the dentist. Poor Jane, she is scared.

5 When you worry too much you can get a terrible _____.

6 When you sneeze a lot and have got a runny nose you probably have got a _____. Stay in bed and you will soon feel better.

7 No wonder you have got a _____. All that chocolate!

Match.

PROBLEM	HELP
1 I'm hungry.	☐ Have some water!
2 I'm sleepy.	☐ Take a rest!
3 I'm thirsty.	☐ Go to the dentist's!
4 I've got a temperature.	☐ Have some warm tea!
5 I've got a headache.	☐ Have a sandwich!
6 I feel really sick.	☐ Go to bed!
7 I've got a toothache.	☐ Stay in bed!
8 I've got a cold.	☐ Call a doctor!

Unscramble the words.

A lot of pupils from my class are not at school today. Almost everybody is ill. Steve can't walk. He has got a (ERNOBK GEL) _____. Veronica has got a terrible (CTOEHATOH) _____. She must visit her dentist. Peter has got a high temperature and he sneezes a lot. He has got a (LOCD) _____. Sarah can't talk. She must drink warm tea. She has got a (ROSE RATHOT) _____. William likes eating, but today he can't eat anything. He has got a (TOHMSAC CHAE) _____

Match the phrases in A with the phrases in B.

A	B
I've got a bad leg	so I can't watch TV.
I've got a headache	so I need to sit down.
I've got a bad hand	so I can't do my homework.
I've got a backache	so I can't put my shoe on.
I've got a bad eye	so I can't write.
I've got a bad foot	so I can't lift that big box.
I've got a cut on my finger	so I need a plaster.

Read the list. Decide which of the activities are good or bad for you.

a) eating fruit and vegetables
b) swimming
c) not getting enough sleep
d) going to the gym
e) laughing a lot
f) running every day
g) not having breakfast
h) watching TV
i) drinking a lot of coffee
j) learning new things

GOOD	BAD
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

LIVEWORKSHEETS