BODY, HEALTH AND MIND

Common ailments

Li: Hi, Rose! How are things?

Rose: I'm feeling a bit _____, actually. I had some shellfish round at my sister's last night, and it **didn't agree with** me.

Li: Oh, dear! Were you sick?

Rose: Yes, I was _____ all night.

Li: Well, just drink water and eat dry toast - that's what Mum recommends.

Rose: I will - when I can **keep** something **down**!

Ali: I hear Jamie's _____ a bug.

Ann: Yes, there are lots of them _____ at the moment. I don't think it's serious, but he's looking pretty _____, so I'm keeping him at home today.

Ali: Well, it **won't do him any harm** to **take it easy** for **a day or two.**

Ann: No, these things can **take it out of** you, but I'm sure he'll _____ it soon.

Ali: Yeah, he's young - he'll be _____ in no time!

Joc: Dad's been _____ a bad back again.

Lottie: Yes, it usually _____ when he's been gardening.

a day or two = one or a few days
complain of sth = say that you are suffering from sth, e.g. pain, an illness.
flare up (of illness) = suddenly start again or become worse.
get over sth/sb = recover
go round= if an illness is going round, people are catching it from each other.
it won't/wouldn't do (sb) any harm = used to say what you think sb should do.
keep sth down = succeed in keeping food in your stomach even if you feel sick.
not agree with sb (food) = (of food) make you feel sick or ill
on the mend = getting better after an illness or injury
pick sth up (an illness) = catch an infectious illness
put your feet up = relax and avoid doing too much
take it/a lot out of sb (INF) = make sb feel mentally or physically tired
take it/things easy = relax and avoid doing too much or working too hard SYN-put your feet up
throw up (INF) = bring food from your stomach back out through your mouth
under the weather (INF) = feeling slightly sick or not as well as usual
washed out (adj) (INF) = you look pale, ill or tired
wiped out (adj) (INF) = you are extremely tired.
worn out (adj) (INF) = tired

LIVEWORKSHEETS