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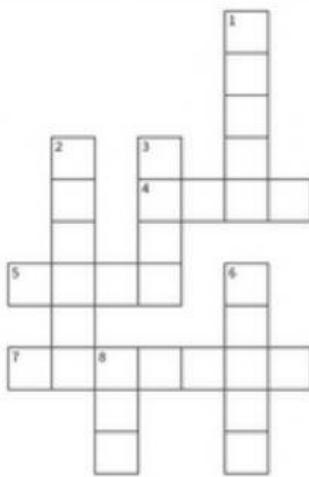
## TAKE CARE OF YOURSELF

## VOCABULARY

## Health verbs



1 Complete the crossword, using the clues on the right.



- force air out of your body, often when you have a cold
- hurt a person or part of your body
- open your mouth and take air in because you are tired or bored
- have a pain which is continuous and isn't very nice
- be hurt by fire or heat
- lose blood
- become well again after being ill
- hurt yourself on a sharp object and produce blood

2 Write the letters in the correct order to make words and complete the sentences.

- wobl  
If you've got a cold,                    your nose into a tissue and throw it away.
- tbearhe  
I can't                    through my nose at the moment because I've got flu.
- tesab  
Your heart often                    faster when you are not very well.
- nbru  
Be careful not to                    yourself on the cooker!
- lbnki  
My eyes hurt when I                   . I don't know what's wrong with them.
- heac  
Sorry, but I won't be at work today because I've got a painful                    in my back.
- rcveore  
You need time to                    after a big operation.
- juinerd  
The footballer has                    himself again and can't play in today's match.
- gohcu  
I've got a horrible                    at the moment and my chest really hurts.
- gbldieen  
Your finger's                   ! What have you done to it?

3 Complete the article with the correct form of the verbs in the box. You do not need to use all the words.

ache	beat	burn	bleed
blink	blow	breathe	cough
cut	injure	recover	yawn

## HEALTH MATTERS:

### Taking care of your head

This week in Health Matters, we're taking a look at the head. One very common thing that many of you complain about is an <sup>1</sup>                    head and itchy eyes, especially when you're using the computer. To reduce these problems, try to spend less time in front of the screen and when you're working, remember to <sup>2</sup>                    often and allow your eyes to rest. If you start <sup>3</sup>                   , that's a warning that you're getting tired, so take a break!

Playing sport means there is always a chance that you will <sup>4</sup>                    yourself. Wear a helmet if you can, and if you do fall or bang your head, make sure you give yourself time to <sup>5</sup>                    before going back on the field.

What should you do if your nose is

<sup>6</sup>                   ? Put your head forward and hold the top of your nose where it's narrow. Stay like this until it stops and if it doesn't stop, see a doctor as soon as you can.

And finally, colds. These can make you feel pretty bad, especially when you can't stop <sup>7</sup>                    and your nose is so blocked that you can't <sup>8</sup>                    very well.

When you've got a cold, get some medicine from the pharmacy, take time off and get some rest.

Next week's article is all about the neck. See you then!

