

## COLLOCATIONS

11 Complete the text with the correct form of the verbs in the box.

get (x2) see write put (x2) take have (x2)  
rest hurt book give reduce

### Forum



I've really (1) \_\_\_\_\_ my knee. It's red and swollen. I've (2) \_\_\_\_\_ some painkillers. Any ideas about what else I can do?



It depends what you've done. If it doesn't (3) \_\_\_\_\_ better in a couple of days, you should (4) \_\_\_\_\_ a doctor. In fact, if you're in a lot of pain, you ought to (5) \_\_\_\_\_ an appointment now. The doctor may just (6) \_\_\_\_\_ you a prescription for a special cream but you need to (7) \_\_\_\_\_ a check-up.



I had a bad knee and I had to (8) \_\_\_\_\_ an X-ray. Luckily, I didn't need to (9) \_\_\_\_\_ an operation. They just (10) \_\_\_\_\_ me a couple of injections and it's been fine ever since.



I checked online and they said I ought to (11) \_\_\_\_\_ ice on it for a while and then (12) \_\_\_\_\_ my leg. But it hasn't (13) \_\_\_\_\_ the swelling, so I think I will go to the doctor's. I just don't want them to (14) \_\_\_\_\_ my leg in plaster!



That won't happen!

12 Tell your partner about an imaginary health problem and ask for advice.

## PHRASAL VERBS

13 Complete the email with the correct prepositions.

To: emma\_c@mail.co

Subject: this evening

Hi Emmal

About this evening - I'm afraid I've **gone** (1) \_\_\_\_\_ with some sort of bug. I've **come** (2) \_\_\_\_\_ in a rash and I keep **throwing** (3) \_\_\_\_\_. I think I **picked it** (4) \_\_\_\_\_ when I was in the hospital on Monday visiting mum. I've **looked** (5) \_\_\_\_\_ the symptoms online and I don't think it's anything serious! I'm sure I'll **get** (6) \_\_\_\_\_ it soon, but I don't think it's a good idea to go out tonight in case I **pass it** (7) \_\_\_\_\_ to you. Maybe we could meet up next week?  
Lynne

EXTENDED

14 Choose the correct adjectives to complete the sentences.

- Mum had a **splitting** / **striking** headache and went to lie down.
- The important thing about a(n) **hurtful** / **itchy** rash is not to scratch it!
- Kenny's brother hit him and now he's got a big **brown** / **black** eye.
- Unfortunately, two people received **deathly** / **fatal** injuries in the accident.
- If you suffer from **unsure** / **blurred** vision you should go to your doctor.
- You don't have to stay away from me. I don't have a **catching** / **contagious** disease!
- I fell over playing football and now I've got a **broken** / **torn** ligament.

## COLLOCATIONS

15 Match the parts of sentences.

- They can't give dad an immediate operation, so he has to **go**.
  - My symptoms were quite complicated, so the doctor didn't **diagnose**.
  - I did exactly what the doctor had said and I **made**.
  - When my granny fell down the stairs, they **admitted**.
  - It's a disaster if a singer loses his voice, so they **take**.
  - After the accident, the paramedics **gave**.
- A **preventive measures** to ensure they stay healthy.  
B **a good recovery** after the illness.  
C **on a waiting list** for a few months.  
D **me the once-over** and then let me go home.  
E **the problem** for quite a while.  
F **her to hospital** for a few days.

## Healthy lifestyle

16 Choose the correct words to complete the advice.



WANT TO LIVE A LONGER AND HEALTHIER LIFE?  
It's all down to your lifestyle.

(1) **Listen** / **Follow** the doctors' advice and cut (2) **out** / **down** on the amount of sugar in your diet. Why not (3) **exercise** / **work** out at the gym once a week or (4) **spend** / **take** half an hour a day walking instead of getting the bus? You'll keep fit and be in good (5) **way** / **shape**! Some people take a lot of vitamin (6) **supplements** / **extras**, but if you're getting a (7) **well-** / **fine-** balanced diet, this isn't necessary. Just remember to eat your five meals a day and you'll be fine. It makes sense to (8) **avoid** / **ignore** stress and get a good work-life balance, and a(n) (9) **short** / **early** night now and then will definitely help get rid of the (10) **bags** / **shades** under your eyes! Also, keep up-to-date with your (11) **injections** / **vaccinations**. Take care of your body and it won't let you down when you're older.

17 Work in pairs. How much of the advice in exercise 16 do you follow?

LIVEWORKSHEETS