

Health B1-B2

1/ Match the names of the illnesses/injuries with their symptoms.

broken ankle	I ate some fish which I think wasn't fresh. Now I've got a ...
cold	I have a ... I can't eat or drink, it hurts a lot.
cut	I've got a high temperature, my whole body aches, I've got the ...
flu	I fell off my bike, my foot is swollen and I can't stand up – a ...
headache	When you don't get enough sleep or fresh air, you'll have a ...
sore throat	My finger is bleeding. I've got a ... from a bread knife.
stomach ache	I can't breathe and I have to blow my nose a lot. I've got a ...



2/ Complete the sentences with the words *in italics*. There are 2 words you won't need.

bleed, examination, medicine, operation, prescription, recover, temperature

1. My grandpa is at home, but he's not quite better yet. He needs some time to _____ from his operation.
2. The doctor gave me a(n) _____. She listened to my heart and my breathing and looked in my mouth and ears.
3. The nurse took my _____ because she thought I had a fever.
4. I've got the flu and have to take _____ three times a day.
5. I'm going into hospital next week for a(n) _____ on my knee.

3/ Read the text and choose the correct words to fit in the gaps. Write A, B or C.

Fighting flu!

It's the flu season again, and ¹ seems to be walking around with a fever, a cold and a sore throat. And that's ² a basic mistake to make!

If you think you might have the flu, stay at home and get the ³ your body needs. If you continue with your normal activities while your body is fighting an illness, you will simply use all your energy and make it ⁴ harder to recover. You may also risk ⁵ on the flu to the people around you. So just make ⁶ comfortable on the sofa, spend the time watching TV or reading a good book, and let your body fight the flu. Make sure you get ⁷ sleep, eat light, healthy meals and drink lots of liquids. It is important because the flu makes your body temperature rise and your body uses the liquids you drink ⁸ than when you are well. Liquids don't have to be just drinks – soups or yoghurts are ⁹ fine because they have a lot of water in them. Check your temperature regularly, and if your fever continues, you can try ¹⁰ it down with some aspirin. That should also help solve ¹¹ common problem caused by flu – pain in your arms and legs, which are normal when your body is fighting an illness.

Doctors say that it ¹² generally not necessary to visit your doctor when you have the flu. Also, by sitting in a doctor's waiting room you are ¹³ to make everyone else there ill, too.

However, if you suffer ¹⁴ a high temperature for more than a week, then it would be a good idea to ¹⁵ an appointment with the doctor to make sure there isn't a different reason for it.



- | | | |
|--------------|------------|----------------|
| 1 A everyone | B anyone | C someone |
| 2 A so | B such | C every |
| 3 A relax | B rest | C peace |
| 4 A many | B much | C lot |
| 5 A pass | B to pass | C passing |
| 6 A yourself | B itself | C you |
| 7 A little | B few | C enough |
| 8 A quickly | B quickest | C more quickly |
| 9 A also | B as | C although |
| 10 A brought | B bring | C to bring |
| 11 A other | B some | C another |
| 12 A was | B has been | C is |
| 13 A surely | B properly | C likely |
| 14 A of | B from | C over |
| 15 A make | B take | C give |

4/ Complete the sentences with the words in correct form.

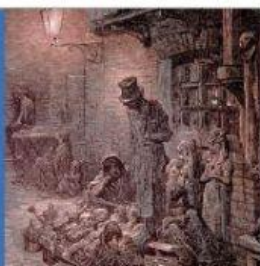
bruise, fall over, hurt, injure, pain, slip

- I've got two big black _____ where I banged my arm.
- I've got a _____ in my shoulder
- My finger _____ because I've cut it.
- Joe _____ himself when he was playing volleyball.
- My mum _____ on the ice and _____.



5/ Read the text, think of ONE word that best fits each gap.

Health and the Industrial Revolution



- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

In the early years (1) _____ the Industrial Revolution, factories were built at an incredible rate and needed large numbers of workers. People migrated from the countryside to take (2) _____ new jobs, but cities weren't ready (3) _____ such an increase in the population. As a result, accommodation was overcrowded and a lot of water was polluted. There wasn't much money to spend on food, so lots of workers had poor diets – perhaps a piece of bread or a potato for dinner. Potatoes were the only vegetable a lot of people ate, and there was only a little meat – usually mutton (meat from sheep). A few people could afford fruit or cheese, but not many. In general, people had little choice. They (4) _____ to spend most of their income on food. Working conditions were terrible. There were a lot of child workers, as they were able (5) _____ work in small spaces to repair machines. Workers (6) _____ required to work twelve hours a day and weren't allowed to complain (7) _____ anything or they lost their jobs. Things improved as the 19th century came to an (8) _____, leading to healthier lifestyles and better diets.

