

Ex. 1 Match the words in the box with parts of the body.

cheek

ankle

wrist

elbow

neck

forehead

knee

stomach

shoulder

waist

chin

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.

Ex. 2 Listen to a podcast about forest bathing and complete the gaps.

1. Forest bathing involves sitting in a forest and in fresh air.
2. Forest bathing helps to our heart rate and blood pressure.
3. It also generally our health.
4. Scientists think that it helps our immune .
5. This can help to cancer and other diseases.

Ex. 3 Match the words and phrases with the medical problem that each person (1-6) has.

Headache sore throat high temperature runny nose broken leg,
sprained ankle stomach ache

1. It really hurts to swallow and I can't talk properly.
This person has _____.

2. I think I ate something bad.

This person has _____ .

3. My forehead is really hot.

This person has _____ .

4. Do you want to write something on the plaster cast on my leg.

This person has _____ .

5. I need another tissue.

This person has _____ .

6. I fell while I was running. Now it's really painful and I can't walk properly.

This person has _____ .

Ex. 4 Match each medical problem in the box with descriptions (1 – 7).

sting

bruises

flu

nosebleed

hay fever

spots

acne

1. If you hit or bang a part of your body hard you will get these.

2. When this happens to you, you must tip your head forward and pinch your nostrils to stop the blood coming out.

3. This is caused by a bee or wasp, for example, and might give you red skin or pain.

4. Teenagers often get these on their cheeks or forehead.

5. This medical problem causes a lot of red marks on your face and neck.

6. People who are allergic to flowers sneeze and have a runny nose because of this.

7. This virus usually causes you to have a fever, cough, sore throat, and headache.

Ex. 5 Choose the right word.

1. Anna suffers from _____ .
2. Don't spread germs on other people! Cover your mouth when you _____ .
3. Melanie was very ill with flu, but she's _____ now.
4. Mum my legs _____ today.
5. Kelly is keeping her son at home today because she doesn't want him to catch the _____ that's going round.
6. The doctor gave me a _____ .

7. I'm feeling a bit _____. I think I'll lie down for a few minutes.
8. Why don't you take an aspirin for your _____.
9. I was given this _____ to put on the spots.
10. This _____ will help you stop your cough.
11. _____ are used to fight off bacteria, not viruses.
12. You should always have _____ in your first-aid-kit for small cuts.