

11.1 I DON'T FEEL WELL

- G should/shouldn't
- P weak form: should
- V the body; health

VOCABULARY

THE BODY; HEALTH

A Look at photos A–E. How many parts of the body can you see and name? List any other words you know.



A Which health problems can you see in photos A–E?

- 1 I've got a headache.*
- 2 I have stomachache.
- 3 My leg hurts.
- 4 I've got a cold.
- 5 I have a temperature.
- 6 I've got a cough.
- 7 I have a sore throat.
- 8 I've got a runny nose.

*I've got a headache = I have a headache.

LISTENING

- 1 What do you do when you have a cold? Do you go to work or school? Do you stay at home and rest or do you go to the doctor and take medicine?
- 2 What's the difference between a cold and flu?

C  **11.2** Listen to a radio programme and complete the table

Flu	A cold	Both
<i>a headache</i>		

D Work in pairs. What did the doctor say? Underline the correct alternative. Then listen again and check.

- 1 Flu starts *suddenly/slowly*. You *can/can't* work.
- 2 A cold starts *suddenly/slowly*. You *can/can't* work.
- 3 After a cold you feel better after *two or three days/a week*.
- 4 After flu you often feel *fine/tired* after three weeks.

GRAMMAR

SHOULD/SHOULDN'T

A Look at problems 1–4 and advice a)–h). For each problem, write two pieces of advice, one with *should* and one with *shouldn't*.

- 1 I'm tired.
You should get more sleep.
You shouldn't go to bed so late.
 - 2 I'm hungry.
 - 3 It's raining and I have to go.
 - 4 I feel ill.
- | | |
|------------------------------|---------------------------------|
| a) be here in the lesson | e) go out now |
| b) eat something | f) go to bed so late |
| c) get more sleep | g) take an umbrella |
| d) go home | h) miss breakfast |

Put the letters in the correct order to make health problems. Start with the underlined letter.

- 1 I've got a cold, so I must stay in bed today. (dclo)
- 2 My leg shutr. (shutr)
- 3 I've got a bad hadeeha. (chadeeha)
- 4 I've got a rose trahot. (rose trahot)
- 5 I've got a nruy osne. (nrnuy osne)
- 6 I've got awful ahastcehom. (cahastcehom)
- 7 I've got a metterupare. (metterupare)
- 8 I've got a gucoh. (gucoh)

- 3 Read the leaflet about travel health. Check any new words in your dictionary. Then complete the leaflet with *should/shouldn't* and the words in brackets.

TRAVEL HEALTH: BEFORE YOU GO

We answer your FAQs (frequently asked questions) about health on holiday:

1 Should I see (I/see) my doctor before I go on holiday?

Yes, ² you should speak (you/speak) to your doctor or your local travel centre about six weeks before you leave.

3 I should get (I/get) any vaccinations?

Your doctor or nurse can give you information or you can check on the internet. ⁴ you should have (you/not have) a lot of vaccinations together, so start early.

What else ⁵ I should do (I/do)?

⁶ you should visit (you/visit) your dentist as well, because dentists can be very expensive in other countries.

⁷ you should take (you/take) a Traveller's First Aid Kit with sun cream, plasters and painkillers, but

⁸ you shouldn't open (you/not open) these before you travel. Officials at the airport might ask to check them.

Any other advice?

Well, ⁹ you shouldn't travel (you/not travel) when you have a bad earache or a cold. And it's important to relax, but ¹⁰ you shouldn't drink (you/not drink) alcohol or coffee in the airport or on the plane, because they'll make you feel worse.

Complete the conversation with *should/shouldn't* and the verbs in the box. Add the correct pronouns (*I* or *you*).

go (x2) watch sleep do (x2) change eat

- A: I'm going to fly to Japan soon and I'm worried about the time difference, you know, getting tired after the journey.
- B: Oh yes, jet lag can be difficult. ¹ You should go to bed early for two or three nights before you travel.
- A: What else ² _____?
- B: When you're on the plane, ³ _____ all the food they bring, it's too much. And ⁴ _____ your watch to Japanese local time.
- A: And ⁵ _____ on the plane?
- B: Yes, you need to rest, so ⁶ _____ all the movies or stay awake the whole time. It's a long journey! What time do you arrive?
- A: At two in the afternoon.
- B: You'll be very tired, but ⁷ _____ to bed.
⁸ _____ some exercise. It's a good idea to go for a walk and then wait and sleep when it's dark.
- A: Thanks. That's good advice.

Walking – the perfect sport?

Forget about tennis, swimming, skiing and jogging. Walking is the easiest and cheapest way to stay fit. It's free, you don't need special clothes or equipment, you don't need a trainer or a special place. Anybody can do it any time: young people, older people, alone or in groups.

OK – perhaps it's not really a sport, but it is the most popular physical activity and one of the best ways to stay healthy. What are the benefits? Walking is good for your heart and your legs; regular walkers say they sleep better and feel happier; and smokers say they don't smoke so much.

Maybe you don't have very much time, so here are some ideas to help you start walking:

- ! Walk, don't drive, to the local shop. If you have a lot to carry, take a small backpack.
- ! If you have children, walk with them to and from school.
- ! Get off the bus or train a stop or two early. This will give you some extra daily exercise – and it's cheaper, too!
- ! Take a walk in your lunch hour at school or work.
- ! Once a week take a longer walk, and go on a completely new route; this helps to keep things interesting.

There are walkers' clubs all over the world. Join one – walking is a great way to meet people and make new friends!



A Read the article and number topics a)–d) in the order that you read about them.

- | | |
|---|----------|
| a) Why is walking better than other sports? | <u>1</u> |
| b) How can you find time for walking? | _____ |
| c) Who can you walk with? | _____ |
| d) Why is walking good for your health? | _____ |

C Find words 1–7 in the article. Then match them with definitions a)–g).

- | | |
|--------------|--|
| 1 equipment | a) with no other people |
| 2 a trainer | b) a bag that you carry on your back |
| 3 alone | c) connected to your body |
| 4 physical | d) the things you use for an activity, e.g. a machine in the gym |
| 5 benefits | e) a way from one place to another |
| 6 a backpack | f) good things |
| 7 a route | g) a teacher |

SPEAKING

A Work in pairs and answer the questions.

- 1 In situations a)–f), do you usually go to a pharmacy, a doctor, a dentist or a hospital?
 - a) You ate some fish last night. This morning you've got terrible stomachache.
 - b) You broke a glass and cut your thumb badly.
 - c) You woke up this morning with earache.
 - d) Your eyes are really red and tired.
 - e) You've got terrible toothache.
 - f) You stayed out in the sun too long this morning and you got very sunburnt.
- 2 Discuss. Can you remember a time when you had any of these problems? Where were you? What did you do?

B Look at the phrases below. In a pharmacy, which phrases does the customer say and which ones does the pharmacist say? Write C or P.

Take these tablets three times a day. *P*

I've got (a) terrible ...

Put this cream on your ...

Put these drops in your ...

Could I have some plasters?

Have you got anything for ...

You should ...

You shouldn't ...

Can you recommend anything?

When did it start?