

UNIT 2

Lesson 2

Health



LESSON SUMMARY

Vocabulary



Word/Phrase	Meaning	Example
feel weak (v phr.) /fi:l wi:k/	to feel not to be strong and healthy	My grandpa feels weak after his operation.
have a sore throat (v phr.) /hæv ə sɔ:r θrəʊt/	to be painful in your throat	Because of having a sore throat , I can't talk clearly.
get some rest (v phr.) /get sʌm rest/	to do nothing after working	You should get some rest before having a shower.
take vitamins (v phr.) /teɪk 'vɪtəmiːnz/	to take essential natural substances to help us stay healthy	We can take lots of vitamins from fruits and vegetables.
have a fever (v phr.) /hæv ə 'fi:vər/	to have a high body temperature	Tom has a fever and he wants to stay in bed now.
take medicine (v phr.) /teɪk 'medɪsn/	to put substances in your mouth and swallow to cure your illness	My daughter is afraid of taking medicine .
stay up late (v phr.) /steɪ ʌp leɪt/	to sleep past your bedtime	It's time to sleep, Mark. Don't stay up late !
keep warm (v phr.) /'ki:p wɔ:rm/	to help your body not be cold	This sleeping bag can keep you warm at night.

Grammar

Should & Shouldn't

We can use **should** / **shouldn't** to give or ask for advice.

Affirmative She feels tired after hard-working days. She **should** get some rest.

Negative You **shouldn't** eat junk food and drink coke.

Questions
 Kim: I have a sore throat. What **should** I do?
 Pete: You **should** drink orange juice with honey.
 Kim: **Should** I take medicine?
 Pete: No, you **shouldn't**.

Pronunciation

Sound changes



Do you ...? often sounds like /dju:/.
 Do you sleep well?
 /dju:/

Pronouncing /ei/ and /i:/



/ei/

- take /teɪk/
- late /leɪt/
- stay /steɪ/
- day /deɪ/

/i:/

- tea /ti:/
- feel /fi:l/
- eat /i:t/
- keep /ki:p/

PRACTICE



Pronunciation

Put the words in the correct columns.

team great state speak meter break weight peach grey cream

Words with an /ei/ sound

Words with an /i:/ sound

Vocabulary

a. Match the verbs in column A with the words/phrases in column B.

A

have

take

get

B

a temperature

some aspirins

a headache

some rest

better

b. Complete the conversation using the words or phrases in the box.

medicine feel weak get some rest
vitamins fever

Mom What's the matter with you, Misa?

Misa I don't know. But I 1) _____ and tired.

Mom Let me see. You have a 2) _____.

Misa What should I do? Should I take 3) _____?

Mom No, you shouldn't. First, stay in bed, lie down and 4) _____. Then, I will help you reduce your body temperature.

Misa And may I drink orange juice, Mom?

Mom Sure. 5) _____ from fruit and vegetables are good for you.

Misa Thank you, Mom.

Grammar

a. Fill in each gap with **should** or **shouldn't** and one verb from the box.

visit
sleep
wash
wear
do
brush
eat
watch
drink
play

- 1 You _____ some exercise every day.
- 2 You _____ sweets a lot.
- 3 You _____ your teeth after every meal.
- 4 You _____ your hands before each meal.
- 5 You _____ at least 8 hours a day.
- 6 You _____ your coat in winter.
- 7 You _____ the dentist twice a year.
- 8 You _____ video games all day.
- 9 You _____ lots of water.
- 10 You _____ TV a lot.



b. Match the answers to the questions.

- | | | |
|--|---|---|
| 11 Should I go to the gym? | • | • A You should put on your white T-shirt and blue shorts. |
| 12 What should I do now? My stomach is killing me. | • | • B You should see the doctor right away. |
| 13 My sister is ill. What should she do? | • | • C She should take some medicine. |
| 14 It's so hot today. What should I wear? | • | • D Yes. Exercise is good for you. |
| 15 Should I take a taxi? | • | • E No, you shouldn't. It's quite expensive. |



Listening

a. Listen to Joe talking to his friend, Marley. Match each member in Joe's family with a health problem.

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- | | | |
|-----------------|---|-----------------------|
| 1 Joe | • | • A has a sore throat |
| 2 Joe's brother | • | • B has a stomachache |
| 3 Joe's mother | • | • C has a fever |
| 4 Joe's sister | • | • D feels tired |
| 5 Joe's father | • | • E has a headache |



b. Listen to Joe talking to the doctor. Fill in each gap with ONE WORD AND/OR A NUMBER.

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- 6 Joe feels very _____ and has a bad headache.
- 7 Joe can't _____ well at night.
- 8 Joe often stays up late until _____.
- 9 The doctor says Joe shouldn't play too much computer _____.
- 10 The doctor gives Joe some _____ to help him feel better.

Speaking

Complete the conversation using the sentences in the boxes.



A You shouldn't eat too much unhealthy food.



C You should take some medicine to reduce the pain.



B You should get enough sleep to get well soon.



D You should drink more water.



E I feel tired, and I have a sore throat.

Doctor: Good morning. How can I help you?

Patient: 1) _____

Doctor: I see. Do you drink enough water every day?

Patient: No. Sometimes, I drink too much coke.

Doctor: 2) _____

Do you eat fruit and vegetables?



Patient: No, not really. I eat a lot of fast food such as French fries.
 Doctor: 3) _____
 Patient: OK.
 Doctor: Do you sleep eight hours a night?
 Patient: Actually, I don't.
 Doctor: 4) _____
 Patient: Now, I can see that I have an unhealthy lifestyle.
 Should I take some medicine?
 Doctor: Yes. 5) _____
 Patient: Thank you, Doctor.
 Doctor: You're welcome.



Writing

a. Put the words in the correct order to make complete sentences.

1 should / eight / at / You / sleep / hours / night.

2 I / food? / eat / junk / Should

3 She / eat / much / candy. / too / shouldn't

4 You / your / use / day. / shouldn't / phone / all

5 We / day. / should / vitamins / take / every

b. Rewrite the sentences using the prompts.

6 You shouldn't stay up late.

You should go _____

7 You should eat a little candy.

You shouldn't _____

8 I advise you not to sit down all day.

You should _____

9 She shouldn't look at the computer for a long time.

She should _____

10 My brother should stop smoking.

My brother shouldn't _____

Answer key



• Pronunciation ____/10 pts.
 • Vocabulary ____/20 pts.
 • Grammar ____/20 pts.

• Listening ____/20 pts.
 • Speaking ____/10 pts.
 • Writing ____/20 pts.



Total ____ / 100 pts.