

1 VOCABULARY illnesses and injuries

a Complete the minor illnesses and injuries.



1 She has a r a s h.



2 Her ankle is s o l i n.



3 She's b e i n s o.



4 Her finger is b l e d.



5 She has s o r e t h r o t.



6 She's s n e e z i n g.



7 She has a c o u n d i s y.



8 Her back h a r t s.



9 She has a h e a d c o u d.



10 She has a t e m p e r t u r.

b Complete the sentences.

- Alex has *diarrhoea*. He's been to the toilet six times this morning.
- I think I have *flu*. I have a temperature and I ache all over.
- That knife is very sharp. Please don't c o u n d i s y.
- Matt f e l t in the art gallery. It was so hot that he lost consciousness.
- These shoes aren't very comfortable. I think I have a b l e d.
- I have a s o r e t h r o t. It hurts when I talk.
- Rachel f e e s s e s. She thinks she's going to vomit.
- You're coughing and sneezing a lot. Do you have a c o u n d i s y?
- I feel d i z y. Everything is spinning round.

c Complete the conversations with a word from the list.

allergic-reaction blood pressure burnt choking
food poisoning sprained unconscious

- P There's a rash all over my body.
D You might have had an *allergic reaction* to something.
- P Where am I?
D In hospital. You had an accident and you've been unconscious for an hour.
- P I fell and hurt my wrist playing tennis – now it's very swollen.
D I think you've sprained it.
- P I sometimes feel a bit dizzy when I first get up.
D It sounds like you have low blood pressure.
- P I've been sick and I have diarrhoea.
D You might have food poisoning. Didn't you say you thought the prawns you had for lunch were off?
- P What should I do if one of my children starts choking?
D Tell them not to panic and to keep coughing – they need to move the food.
- P I dropped a pan of boiling water on my hand.
D Yes, you've burnt yourself quite badly.

d Match conditions 1–6 to treatments a–f.

- 1 an allergic reaction e
- 2 a headache
- 3 an infection
- 4 a major cut
- 5 a minor cut
- 6 a sprained ankle

- a have stitches
- b put antiseptic cream and a plaster on it
- c put ice on it and bandage it
- d take antibiotics
- e take antihistamine tablets or cream
- f take painkillers

e Complete the sentences with a word from the list.

down out over round up

- 1 You should go and lie down if you aren't feeling well.
- 2 If you stand for too long in this heat, you might pass _____.
- 3 You shouldn't go out until you get _____ the flu properly.
- 4 If you think you're going to throw _____, tell me and I'll stop the car.
- 5 I must have fainted. When I came _____ I was lying on the floor.

f Complete the medical advice with the words in the list.

bandage damp cloth pinch press rub running water tip

- 1 You can stop a nosebleed if you pinch the soft part of your nose and _____ your head forward.
- 2 If you put cool _____ on a burn, it will stop blisters from forming.
- 3 You shouldn't put a hot _____ on a sprained ankle, as the heat will make the ankle more swollen.
- 4 Don't _____ the arms and legs of someone with hypothermia, as you will make them lose more heat.
- 5 You should only stand behind someone who's choking and _____ their stomach inwards if they can't talk, cough, or breathe.
- 6 If you put antiseptic cream and a _____ on a bad cut, you will stop the wound getting infected.

g Write a short paragraph about your last illness / injury. Include...

- when you were ill / injured and what the illness / injury was.
- what the symptoms were.
- what the treatment was.
- how long it took you to get over it.

2 VOCABULARY FROM READING







Complete the sentences with a phrase from the list.

heart rate life-threatening illness miracle cures open-heart surgery scare stories under the weather worst-case scenario

- 1 Most stories about miracle cures are fake news.
- 2 Ethan is concerned because his _____ gets very high when he does exercise.
- 3 Most people want to know about the _____ when they are diagnosed with an illness, but it's unlikely things will get that bad.
- 4 It isn't easy for doctors to tell patients that they are suffering from a _____.
- 5 I've been feeling _____ recently, so I've made an appointment with my doctor.
- 6 My uncle is very ill in hospital, and he's going to have _____ tomorrow.
- 7 Newspapers are full of _____ about what will happen if we eat certain foods.

3 PRONUNCIATION /ʃ/, /dʒ/, /tʃ/, and /k/

a Circle the word with a different sound.

| | |
|--|---|
| 1  shower | 1 <u>chest</u> infection pressure rash |
| 2  keys | 2 ache cholesterol sick specialist |
| 3  jazz | 3 allergic emergency finger injury |
| 4  chess | 4 choke stitches stomach temperature |
| 5  shower | 5 couch operation shock unconscious |
| 6  jazz | 6 bandage injection negative surgeon |

b 2.1 Listen and check. Then listen again and repeat the words.

4 GRAMMAR present perfect simple and continuous

a Right (✓) or wrong (X)? Correct the mistakes in the highlighted phrases.

1 You don't need to call the doctor – I've already made an appointment for you.
✓

2 This is the first time I've been spraining my ankle – I didn't know it hurt so much!

X I've sprained my ankle

3 Mia isn't going to school today, because she's been throwing up all night.

4 I've fallen over lots of times playing football, but I've never broken a bone.

5 I can't take anything for my headache, because we've been running out of painkillers.

6 You've been complaining about your back for weeks – why don't you go to the doctor's?

7 How long have you been knowing about your grandfather's illness?

8 Sasha's coughed all day, and now he has a sore throat.

9 My sister has a skin problem – she's been going to the hospital for treatment for over two years.

10 How many times have you been fainting recently?

b Complete the sentences using the words in brackets. Use the present perfect simple or continuous form of the verb. Put the adverbs in the correct position.

1 Jess is a bit nervous – she's never ridden a horse before. (she / ride / never)

2 How many biscuits _____? (you / eat)

3 My brother's really stressed about work, so _____ very well recently. (he / not sleep)

4 _____ my hand on the oven – it really hurts! (I / burn / just)

5 _____ problems with my shoulder for several months now. (I / have)

6 Ed is one of the nicest people _____. (I / meet / ever)

7 _____ to the gym for long – just a few weeks. (Georgia / not go)

8 _____ a sore throat for more than a week now. (Jamie / have)

9 How long _____ a job? (your girlfriend / look for)

10 I bought that book last month, but _____ it yet. (I / not read)

c Complete the email with the correct form of the verbs in brackets. Use the present perfect simple or continuous.

✉

Hi Nicola,

Thanks for your email – it was great to hear from you!

Sorry I ¹ *haven't replied* (not reply) until now, but I ² _____ (not feel) very well recently. I ³ _____ (have) flu, and I'm only just getting over it now. I ⁴ _____ (not go) to work for a week; I ⁵ _____ (lie) on the sofa at home all day. My mum ⁶ _____ (look after) me all week, and I'm nearly better now. I'll probably go back to work the day after tomorrow.

Anyway, I'm so glad you're planning on coming to visit next summer – it will be lovely to see you! While I've been off work, I ⁷ _____ (think) about what we can do while you're here, and I ⁸ _____ (come up with) a few ideas. I know how much you love music, so for the last few days I ⁹ _____ (try) to get some tickets for a music festival, but I ¹⁰ _____ (not manage) to get any yet. Is there anything else you'd like to do during your visit? I'm really looking forward to seeing you, and I know that we'll have a fantastic time.

Write back soon!

Love,

Sophie xx

d Answer Sophie's email. Write 140–190 words. Use the present perfect simple and continuous. Include the following:

- thank Sophie for her email
- explain why you haven't written until now
- answer Sophie's question
- ask Sophie a question