Unit 14 Vocabulary

● *Health and fitness*

Topic vocabulary in contrast

see page 191 for definitions

prescription / recipe	thin / slim	infection / pollution
operation / surgery	remedy / cure / therapy	plaster / bandage
sore / hurt / pain	effect / result	ward / clinic
illness / disease	healthy / fit	dose / fix
injured / damaged	examine / investigate	fever / rash

Phrasal verbs

break out start suddenly (for a war, fire, etc)	**give up** stop doing sth you do regularly
bring on cause (an illness, etc)	**look after** take care of
come down with start to suffer from a minor illness	**pass out** suddenly become unconscious
come round/to become conscious	**pull through** survive (a serious illness, etc)
cut down (on) do less of (smoking, etc); reduce an amount of	**put down** kill (a sick/old animal)
feel up to feel well enough to do	**put on** gain (weight)
get over recover from (an illness, etc)	**wear off** stop being effective (for a drug, etc)

Phrases and collocations

alternative	alternative medicine/therapy; find an alternative (to sth)
appointment	make/have/break an appointment
bath	have/take a bath; run a bath (for sb)
danger	in danger; out of danger
exercise	do an exercise; do exercise; take/get (some) exercise
fit	get/stay/keep/be fit; fit and healthy
good	do sb good; sth does you good; good for sb (to do)
health	in good/bad/poor/etc health; health centre; health care
injection	have an injection (for/against sth); give sb an injection
medicine	take/prescribe medicine; practise/study medicine; the best medicine; alternative medicine
shape	get in/into shape; stay/keep in shape; the shape of sth; in the shape of
spread	spread sth; spread sth over/on sth; spread to a place

Word patterns

addicted to sth	**need** to do; need doing; in need of; no need for
attempt to do	**operate** on sb/sth
benefit from sth; a benefit of sth	**suffer** from sth; suffer sth
complain (to sb) (about sth/sb doing); complain of sth	**tired** of sth/doing
cope with sth/doing	**try** to do; try sth/sb/doing; try and do
inject sth into sth/sb	**worry** about sth/sb doing; worried that; worried about/by
lead to sth/(your) doing	**worth** sth/doing
likely to do; it is (un)likely that	

Word formation

allergy allergic	**fit** unfit, fitness	**poison** poisonous, poisoning
aware unaware, awareness	**ill** illness	**recover** recovery
benefit beneficial	**inject** injection	**strong** strength, strengthen, strongly
comfort discomfort, (un)comfortable, (un)comfortably	**injure** injury, injuries	**surgery** surgeon, surgical(ly)
emphasis emphasise, emphatic	**operate** operation, operator, operating, cooperate, cooperation, (un)cooperative	**treat** treatment

LIVEWORKSHEETS

Topic vocabulary in contrast

A Complete using the correct form of the words in the box.

1 My doctor said I have to stay in bed and gave me a ..... for some medicine.
2 You must give me the ..... for that wonderful chocolate cake you made!

prescription
recipe

3 Many rock stars seem to end up in drug ..... .
4 Do you think a ..... for cancer will ever be found?
5 My grandma uses an old-fashioned ..... for her arthritis.

remedy
cure
therapy

6 I lifted my shirt so the doctor could ..... my chest.
7 Police have begun to ..... the break-in at the hospital.

examine
investigate

8 My mum's thinking of having an ..... to have her nose straightened.
9 Dr Key told the old man that he needed ..... on his leg.

operation
surgery

10 My arm is really ..... and I can't move it.
11 Mind you don't ..... yourself! Oh, too late. Sorry.
12 I had a really bad ..... in my foot so I decided to see a doctor.

pain
sore
hurt

B Circle the correct word.

1 Tim looks really pale and **thin / slim**. I'm worried he might be ill.
2 It's important to eat a **fit / healthy** diet with lots of vegetables.
3 After picking the flowers, I noticed I had a **fever / rash** all over my hands.
4 When I broke a rib, I had to wear a **bandage / plaster** around my chest.
5 Make sure you wash your cut properly so that you don't get a/an **infection / pollution**.
6 Half an hour after taking the pill, I began to feel the **results / effects**.
7 The doctor walked along the **ward / clinic**, chatting to all the patients she passed.
8 Two people have been slightly **injured / damaged** in an accident on the M1.
9 It's good for children to get minor **diseases / illnesses**, such as colds.
10 The medicine bottle said the recommended **dose / fix** was two teaspoons twice a day.

Phrasal verbs

C Complete each second sentence using the word given, so that it has a similar meaning to the first sentence. Write between two and five words in each gap.

1 Dan couldn't work because he caught the flu. **down**
Dan ..... , which meant he couldn't work.
2 If you smoke, then stopping can really improve your health. **up**
If you ..... , you'll really improve your health.
3 We asked the vet to kill the dog to stop her suffering any longer. **put**
We asked the vet ..... to stop her suffering any longer.
4 I don't really have enough energy to play tennis. **up**
I don't really ..... tennis.
5 Is it true that getting wet can cause a cold? **on**
Is it true that getting wet can ..... a cold?
6 The flu epidemic started suddenly in June and lots of people got ill. **out**
Lots of people got ill when the flu epidemic ..... in June.

LIVEWORKSHEETS

D Write a phrasal verb in the correct form to replace the words in bold.

1 Gill slowly ..... after the operation. (**became conscious**)
2 My dad is trying to ..... on smoking. (**do less**)
3 I think the medicine is beginning to ..... . (**stop being effective**)
4 Bill decided that he needed to go on a diet after ..... weight. (**gaining**)
5 It was so hot in the stadium that a number of people ..... . (**became unconscious**)
6 I finally ..... the cold that I had had all week. (**recover from**)
7 We thought we were going to lose our horse when he got ill, but he managed to ..... . (**survive**)
8 My dentist told me to ..... my teeth. (**take care of**)

Phrases and collocations

E Choose the correct answer.

1 Let me ..... you a nice warm bath and you'll feel a lot better.
A make B run C get D build

2 When the snake bit Mike in the forest, he knew he was ..... serious danger.
A to B with C on D in

3 Being ..... an injection wasn't as painful as I thought it was going to be.
A given B done C made D taken

4 Hello? Yes, I'd like to ..... an appointment for tomorrow with Dr Fletcher, please.
A form B do C break D make

5 My grandfather's over 95 and is ..... pretty poor health these days.
A on B to C with D in

6 I was told to ..... the medicine three times a day, before meals.
A take B eat C get D do

7 I like to ..... fit by going to the gym at least twice a week.
A continue B make C keep D set

8 Eat your vegetables. They'll ..... you good.
A make B get C have D do

9 The key to losing weight is to ..... more exercise.
A get B make C go D create

10 You should try to ..... an alternative to all those sugary snacks you eat.
A make B find C take D do

11 I'm going to make a real effort to get ..... shape for the summer.
A on B to C in D from

12 Try spreading something low fat ..... your bread instead of butter.
A in B through C around D on

Word patterns

F Match to make sentences.

1 It is said that people who eat poorly are likely .....
2 Did you know that you can have your eyes operated .....
3 I'm getting really tired of .....
4 Why don't you try .....
5 It really is worth .....

A on with lasers these days?
B going to the gym more often?
C losing a bit of weight.
D telling my dad to give up smoking.
E to have health problems later in life.

LIVEWORKSHEETS

G Water has damaged part of this text about the drug problem. Read it and decide what you think each of the original words was. Write the words in the blank spaces.

THE DRUG PROBLEM

Many people today are worried [1] drugs. It seems that more and more people are becoming addicted [2] substances, such as heroine and cocaine, that damage their health. But what leads [3] people becoming addicts? What makes someone inject a drug [4] their veins? Is it because of their inability to cope [5] problems in their everyday lives? One thing is for sure. When we complain [6] the problems caused by hard drugs, we need [7] remember that people suffer [8] all kinds of health problems caused by legal drugs, such as alcohol and tobacco. We would all benefit [9] more education and the government should attempt [10] make sure we all know the risks involved.

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

Word formation

H Complete the sentences by changing the form of the word in capitals when this is necessary.

1 Most people seem to be ..... of the harmful effects of their diet. (**AWARE**)
2 I'm ..... to peanuts so I have to be very careful what I eat. (**ALLERGY**)
3 Jade's ..... turned out to be much more serious than anyone imagined. (**ILL**)
4 Did you know Australia has the highest number of ..... species of snake? (**POISON**)
5 After a couple of weeks, the plaster cast on my leg became really ..... and I couldn't wait to take it off. (**COMFORT**)
6 I was really impressed by the ..... levels of all the athletes. (**FIT**)
7 Luckily, Ted's ..... weren't serious. (**INJURE**)
8 Working out can really ..... your muscles. (**STRONG**)

I Use the word given in capitals at the end of each line to form a word that fits in the gap in the same line.

The no-surgery solution!

These days, it seems there's an (**1**) ..... for everything. Whether you	**OPERATE**
want something made smaller or you want to (**2**) ..... your best	**EMPHASIS**
features, you can bet that plastic (**3**) ..... claim to have the solution.	**SURGERY**
We at *BodySculpt* know, though, that you don't want the (**4**)	**COMFORT**
associated with surgery. But you can't enjoy the (**5**) ..... effects	**BENEFIT**
without going under the knife, can you? Yes! No need for (**6**)	**SURGERY**
procedures with a long (**7**) ..... period! Our unique service consists	**RECOVER**
of a series of (**8**) ..... that will give you the results you've always	**INJECT**
wanted! Call now and speak to one of our (**9**)	**OPERATE**

LIVEWORKSHEETS