

My name is: \_\_\_\_\_

**WORKSHEET**

Date:.....



FFs4 – Unit 12

Teacher's  
feedbacks**Task 1: Read the text and answer the question:  
Common Health Problems**

Many people experience health problems from time to time. Some of the most common issues include colds, stomach aches, and headaches. Let's look at some of these problems and how to manage them.

**Colds:**

A cold is caused by a virus and can make you feel tired and weak. Symptoms include a runny nose, sore throat, coughing, and sometimes a mild fever. The best way to treat a cold is to rest, drink plenty of fluids, and take medicine to reduce the fever if needed. To prevent catching a cold, wash your hands regularly and avoid being close to people who are sick.

**Stomach Aches:**

A stomach ache can be caused by something you ate, stress, or even a virus. If your stomach hurts, try to drink water and avoid heavy meals. Resting can help your stomach feel better too. If the pain doesn't go away or gets worse, you might need to see a doctor.

**Headaches:**

Headaches can be caused by stress, dehydration, or not getting enough sleep. If you have a headache, make sure to drink water, rest in a quiet place, and avoid bright lights. Over-the-counter medicine can help, but if you get headaches often, it's important to see a doctor.

Remember, staying healthy by eating a balanced diet, exercising, and getting enough sleep can help you avoid many common health problems!

**Questions:**

1.What are some common symptoms of a cold?

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2. How can you prevent catching a cold?

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3. What should you do if you have a stomach ache?

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4. List two causes of headaches mentioned in the passage.

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5. Why is it important to see a doctor if you get headaches often?

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6.According to the passage, what are three things you can do to stay healthy?

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**Task 2: Read the dialogue and match gaps 1-6 with sentences a - f**

A: 1. **E. What's the matter? You look terrible.**

B: I fell off my bicycle and back hurts a bit.

A: 2.

B: OK, thanks. I hit my head and that hurts, too.

A: 3.

B: Thanks. Can I have some water with it?

A: 4.

B: Oh dear. That's making me feel sick now.

A: 5.

B: Oh and now I can't feel my leg!

A: 6.

A. I've got some tablets for headaches. You should take one of these.

B. You should go to hospital!

C. Come here and sit down for a moment.

D. That's bad. You should make an appointment with your doctor.

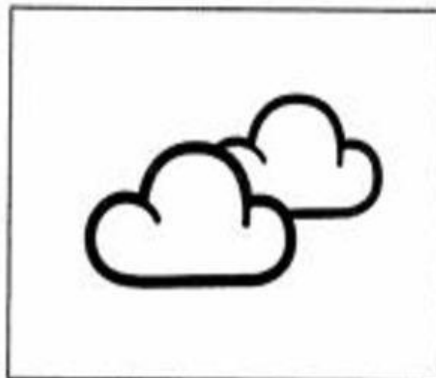
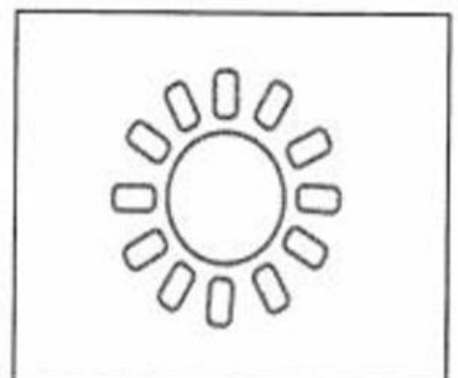
E. What's the matter? You look terrible.

F. Sure. Here you are.



**Task 3: Listen and choose the correct answer**

1 What was the weather like for the football match?

**A****B****C**

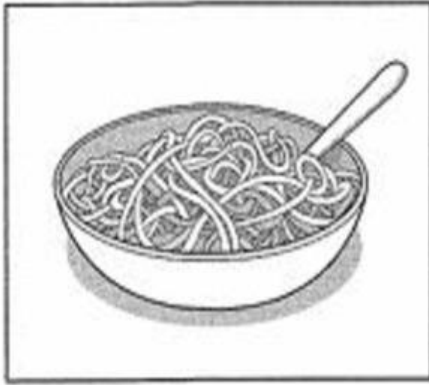
2 What sport is the woman going to start doing soon?

**A****B****C**

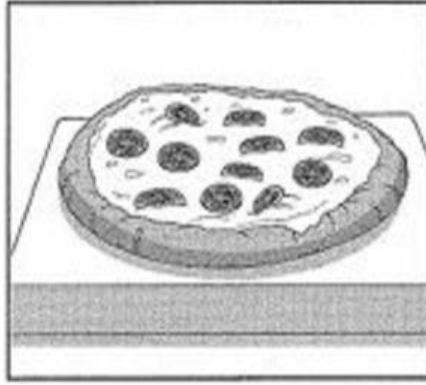
3 Why was the man late for work?

**A****B****C**

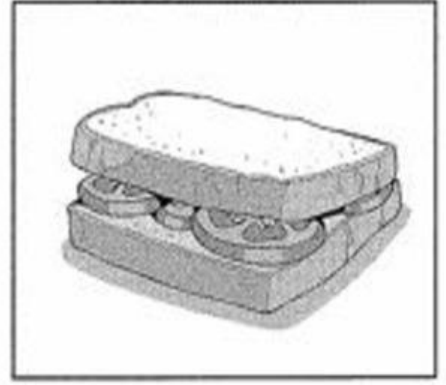
4 Which food is the man eating?



A



B

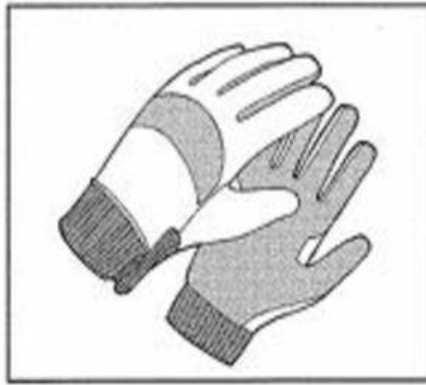


C

5 What has the man had problems with?



A



B



C