

Lesson B:

Try to relax

Wrap up

What medications do you use when you are sick?



Example:

» I drink hot tea and eat chicken soup.

Vocabulary

Common remedies



Chamomile tea



Cough syrup



Chicken soup



Cold medicine



Eye drops



Aspirin



Antacid



Nasal spray



Ice pack

1. Listen and practice

Dr Carter: Hello, Ms. Bennett, How are you feeling

Ms. Bennet: Not good at all.

Dr Carter: What's the matter, Ms. Bennet?

Ms. Bennet: I have a bit of cold.

Dr Carter: Hmm. Why do you think that is?

Ms. Bennet: I think I might have caught it from a friend

Dr Carter: Ok... let's take a look at you

Some minutes later...

Dr Carter: I'm going to give you some cough syrup. Take one tablespoon every evening

Ms. Bennet: Alright

Dr Carter: and get plenty of rest

Ms. Bennet: Is there anything else that I need to do?

Dr Carter: Yes, stay hydrated and keep warm



Grammar

Imperatives

We use imperatives when we want to tell someone to do something

Imperatives	Negative
Get some exercise	Don't stress out
Eat a balanced diet	Don't eat lots of fast food
Sleep early	Don't watch too much TV
Drink lots of water	Don't drink soda every day



2. Complete the following sentences with the imperatives from the word box. There is one extra word.

Listen - Not talk – Run - Not leave – Play –
Help - Not forget – Write -Not touch

1. Please listen to the instructions carefully.
2. You should _____ faster to catch the bus.
3. Let's _____ soccer in the park this afternoon.
4. Don't forget to _____ your ideas in your notebook.
5. _____ during the presentation; it's rude.
6. Please _____ your keys on the table.
7. _____ your bag unattended in public.
8. _____ that fragile item; it might break.

Wrap up

Research a popular remedy from another country.

1. Write a short paragraph (4-5 sentences) about the remedy, including:

- Its name and origin.
- What it is used for.
- A brief description of how it is prepared or taken.



Example:

Ginger Tea

Ginger tea is a popular remedy in China used to treat nausea and digestive issues. To prepare it, fresh ginger slices are boiled in water for about 10 minutes. Many people drink it to soothe their stomachs and improve digestion.

