

Bill's blog

What should you do for a cold?

1 England

What should you do when you have a cold? My mum usually makes me a cup of hot tea. But some parents have different ideas. I asked my e-pals from different countries what they have to do when they don't feel well.

2 Poland



My friend Marek has to drink hot milk when he has a cold or a sore throat. His mum puts the milk with some butter in the microwave oven. When it's hot, she adds an egg (not cooked!) and some honey. I don't think it's tasty, but he says it works.

3 Japan



Aiko doesn't have a hot drink for a cold, but her dad makes her hot soup. It's actually hot green onion soup. Aiko says you should have three bowls of this soup every day when you have a cold. She says it's good for a blocked nose too.

4 Canada



My friend Charlie thinks socks are a good idea for a cold. He says you have to use old socks when you are ill! First, you have to put your feet in hot water, so they are warm. Then you put the socks in water, so they are wet. Next you put on the wet socks and wear some dry socks on top of them. Then go to bed!

What do you do when you have a cold? Write to me!

1 Read Bill's blog. Number the items in the order you find them in the blog.

A [1]



B [ ]



C [ ]



D [ ]



2 Read the blog again. Match 1–5 to a–f. There is one extra letter.

1 [f] Bill's mum
2 [ ] Marek has to
3 [ ] Aiko
4 [ ] Aiko's dad
5 [ ] Charlie

a makes hot soup for a cold.
b wears wet socks for a cold.
c drink hot milk for a cold.
d thinks cold tea isn't tasty.
e doesn't have tea or milk for a cold.
f makes tea for a cold.

3 Read the blog again. Complete the sentences with one word in each gap.

1 Bill asked his *e-pals* for ideas.
2 Marek's idea works for a cold or a sore _____.
3 Bill thinks the milk drink isn't _____.
4 Aiko's soup has green _____ in it.
5 Charlie wears _____ and dry socks in bed.

4 Answer the questions.

1 Do all parents have the same ideas for a cold?
No, they don't.
2 How does Marek's mum make the milk hot?
_____
3 Does Aiko's dad make her something hot for a cold?
_____
4 What do you need for Charlie's idea?
_____
5 Which idea would you like to try? Why?
_____

5 **Vocabulary** Can you help Bill with his homework? Complete the text with the words in the box.

blood bones ~~brain~~ heart muscles

Parts of the body

Your [1]*brain* is a very important part of your body. You use it to think and it sends messages to all the other parts of your body. It tells your [2]_____ to work, so the red [3]_____ can go around your body. You also have lots of strong white [4]_____ inside your body, so you can stand up. The [5]_____ hold them together and they make them move, so you can run and walk.

LIVEWORKSHEETS