

## Unit 8

# Are you feeling okay?

### Objectives:

- Students are able to tell the class about his/her/one's condition (health)
- Students are able to talk about one's condition and to give suggestion to solve it

### Grammar:

Advice and suggestions  
Should/ shouldn't  
Why don't you ...?

### Words and expressions:

I've got a stomachache, I'm glad/  
sorry to hear that, take aspirin, balm

## 1. Warm Up

### a. Ask your partner these questions!

Do you think you are a healthy person?  
How often are you sick?  
What illness do you usually have?  
What should we do to keep healthy?



### b. Picture Talk

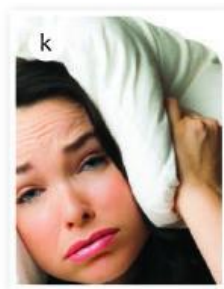
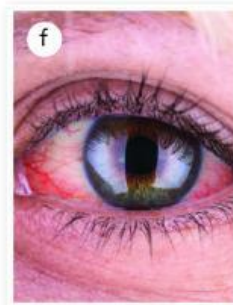
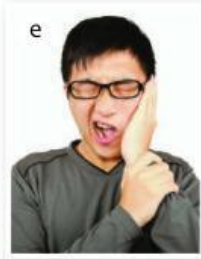
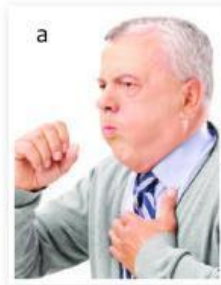
TOEIC-Based Skill.  
Ask a friend next to you about the picture. Do it in turn!  
Where is she?  
What does she feel?  
What should she do?



## 2. Vocabulary Enrichment

a. Match each health problem with the correct picture!

1. \_\_\_\_\_ broken arm
2. \_\_\_\_\_ fever
3. \_\_\_\_\_ flu
4. \_\_\_\_\_ cough
5. \_\_\_\_\_ toothache
6. \_\_\_\_\_ backache
7. \_\_\_\_\_ sore eyes
8. \_\_\_\_\_ sunburn
9. \_\_\_\_\_ sprained ankle
10. \_\_\_\_\_ sore throat
11. \_\_\_\_\_ stomache
12. \_\_\_\_\_ earache
13. \_\_\_\_\_ Problem sleeping



**b. Word definition. Speak Out Loud.**

Ask students to set chairs into rows and ask them to sit face to face with a 1,5-meter distance between the rows. Ask the student in one row to say the words and ask the students in another row to read the definition in a correct pronunciation.

| No | Student A                       | Student B   |
|----|---------------------------------|---|
| 1  | Health /helθ/                   | The condition of the body and the degree to which it is free from illness, or the state of being well   |
| 2  | Cough /kɒf/                     | To force air out of your lungs through your throat with a short loud sound  |
| 3  | Stomach ache /<br>'stʌm.ək eɪk/ | Pain in your stomach  |
| 4  | Balm /bɑ:m/                     | An oil that comes from particular tropical trees and is used especially to treat injuries or reduce pain  |
| 5  | Vitamin /'vɑɪ.tə.<br>mɪn/       | Any of a group of natural substances which are necessary in small amounts for the growth and good health of the body                              |
| 6  | Bandage /'bænd.<br>dɪdʒ/        | A long narrow piece of cloth which is tied around an injury or a part of  |
| 7  | Medicine /'med.<br>ɪ .sən/      | Treatment for illness or injury   |
| 8  | Massage /<br>mə'sɑ: dʒ /        | To rub and press someone's body with regular repeated movements, in order to relax them or to reduce stiffness or pain in their joints or muscles |
| 9  | Fever /'fi:və r /               | A medical condition in which the body temperature is higher than usual and the heart beats very fast  |
| 10 | Recovery /<br>rɪ'kʌv. ə r.i /   | The process of getting back something lost, especially health, ability, possessions, etc  |

### 3. Pronunciation Practice

a. Pronounce the words correctly using phonetic transcription below for several times until you are really sure you pronounce them correctly!

1. Terrible /'ter.ə.bl/
2. Medicine /'med.ɪ .sən/
3. Should /ʃʊd/
4. History /'hɪs.t ə r.i/
5. College /'kɒl.ɪdʒ/
6. Important /ɪm'pɔː.t ə nt/
7. Course /kɔːs/
8. Minute /'mɪn.ɪt/
9. Bulletin /'bʊl.ə.tɪn/
10. Board /bɔːd/



**b. Listen, read and practice.**

**Before practicing, make sure you know how to pronounce it correctly**

**Track 8.1**

Peter : Hey, what's up? You look terrible.  
Amber : I don't feel very well.  
Peter : That's too bad. Have you taken any medicine?  
Amber : No, I haven't. I've been so sick  
that I haven't been out of the house until now.  
Peter : Well, maybe you should go home.  
You shouldn't go to class like that.  
Amber : I know, but I have American history this morning.  
Peter : Why don't you see the college doctor?  
Amber : That's a good idea. I'll go at lunch time.  
Peter : If I were you, I'd see the doctor right now.  
Anyway, what's so important about American history?  
Amber : I've missed three classes already this semester.  
I can't miss another or I'll fail the course.  
Peter : Wait a minute. American history is with Mr. Philips, right?  
Amber : Yeah. Why?  
Peter : He's not here today. There's a note on the bulletin board  
The class is canceled!

**Teaching Tips:**

Make sure the students know how to pronounce the words correctly. Check one by one if necessary

**c. In pairs, students take turns acting as Peter and Amber**

**d. Ask the following questions to your friend based on the dialog above! Do it in turn!**

1. Who does feel unwell?
2. Has she taken any medicine?
3. What does Peter suggest Amber to do?
4. Why can't Amber leave the history class?
5. Did Mr. Philips call the students to cancel the class?

**4. Substitution Drill**

**a. Listen and complete the conversation. Then practice with a partner**

**Track 8.2**

A : You don't look very well. What's wrong?  
B : I have a terrible 1)\_\_\_\_\_. I've had it all morning.  
A : Oh dear. 2)\_\_\_\_\_ take an asprim  
B : I have. And I've 3)\_\_\_\_\_, too, but it hasn't Improved  
A : Well, why don't you 4)\_\_\_\_\_?  
B : Yes, I think I'll do that. Thanks for the advice  
A : 5)\_\_\_\_\_ I hope you get better soon.

b. Use these words to make more conversation.

Conversation 1

5. Fever
6. You should
7. Stayed in bed all day
8. Call the doctor
9. That's OK

Conversation 2

1. Backache
2. If I were you, I'd
3. Used a special lotion
4. Lie down
5. No problem

Conversation 3

1. Cough
2. You should
3. Taken some cough medicine
4. Drink a lot of water
5. My pleasure

## 5. Question and Response

This dialog reading is using the model of TOEIC Listening Test Part 2. To get the right responses you should really understand what the questions are. Find the correct answer. Then PRACTICE THE DIALOG with your partner using the correct responses you have made.

1. Which of these cars is the fastest?
  - a. Probably the Italian one
  - b. You're right-they're really fast
  - c. I like the black car
2. Whose briefcase is this by my desk?
  - a. It's a brown one
  - b. That's probably Ms. Baily's
  - c. My roommate gave it to me
3. Who were you chatting with after the meeting?
  - a. That was my old boss, Mr. Toyama
  - b. After the meeting, i plan to go home.
  - c. My father is over there
4. Why were you in such a hurry this morning?
  - a. Because I overslept and I had an important appointment.
  - b. At an early meeting
  - c. I am hungry
5. Which desk is yours?
  - a. That's my assistant's
  - b. The one on the left by the window
  - c. I have made my desk

## 6. Practice Your Grammar *Should and Shouldn't* - Use

We use **should** and **shouldn't** to give advice or to talk about what we think is right or wrong.

**You should** means something like **I think it is a good idea for you to do it.**

**You shouldn't** means something like **I think it is a bad idea for you to do it.**

**Should** is used to express the opinion of a speaker and often follows **I think** or **I don't think**.

### Examples

1. You look tired. I think you **should** take a few days off.
2. Alice works very long hours. She **should** to talk to her boss.
3. A : I have an English test tomorrow.  
B : I shouldn't worry if I were you. You have worked really hard.
4. A : I never have enough money.  
B : I don't think you should go out so much.

### To give advice to someone you can also say:

1. I should do it if I were you
2. I shouldn't be so rude, if I were you.

### When you regret not doing something in the past, you can say:

1. I shouldn't have spoken to him like that.
2. I should have apologized earlier.

## 5.1 Exercises 1

### Fill in the blanks with should or shouldn't

1. You \_\_\_\_\_ be so selfish
2. You \_\_\_\_\_ exercise more
3. I \_\_\_\_\_ do that, if I were you
4. I think you \_\_\_\_\_ try to speak to her
5. You're overweight. You \_\_\_\_\_ go on a diet.
6. Where \_\_\_\_\_ we park our car?
7. You \_\_\_\_\_ never speak to your mother like this
8. The kids \_\_\_\_\_ spend much time in front of TV
9. \_\_\_\_\_ I tell her the truth or should I say nothing?
10. She \_\_\_\_\_ be rude to her mate.

## 5.2 What should/shouldn't they do?

1.



2.



3.



4.



## 7. Listening

- a. Listen to Frank, from Australia, talk about natural ways to fight common health problems. Check (✓) the health problems he mentions.

### Track 8.3

- a sore throat
- problems Sleeping
- a headache
- a fever
- a cough
- cold
- Toothache
- A sunburn
- Sore eyes



- b. Listen again. Write each health problem Frank mentions next to his advice.

1. \_\_\_\_\_ You should use two slices of cucumber.
2. \_\_\_\_\_ You should put your hand in some ice, and some garlic on each wrist
3. \_\_\_\_\_ You should cut an onion in half and put it by your bed.
4. \_\_\_\_\_ You should put on a mixture of olive oil and vinegar.
5. \_\_\_\_\_ You should take a bath with half a kilogram of salt.

- c. TOEIC Skill Based. Listen to the following short conversations carefully. You have ONE QUESTION about each conversation and choose the best answer

### Track 8.4

1. What is the man's occupation?
  - a. Florist
  - b. Doctor
  - c. Gardener
2. Where does this conversation?
  - a. in a café
  - b. in an office
  - c. In a hotel
3. What are these men doing?
  - a. Fighting a fire
  - b. Checking into a hotel
  - c. Camping

4. Where are the speakers?
  - a. At a paint store
  - b. At a copy shop
  - c. At a newspaper office
5. What is the man doing?
  - a. Looking for a new car
  - b. Buying groceries
  - c. Shopping for clothes.

## 8. Talk More

Ask around some friends! Report in front of the class or in small group what information you got from your friends! What do you think about your friends interviewed? Use these following questions!

- How many times have you been sick in the last year?
- Do you often feel stressed out?
- Have you ever had problems sleeping?
- When did you last go to the doctor?
- Have you done any exercise lately?
- What do you do to keep healthy?
- When was the last time you had a cough or cold?
- Have you been to the dentist recently?
- Do you have headaches often?
- Have you ever had the flu?



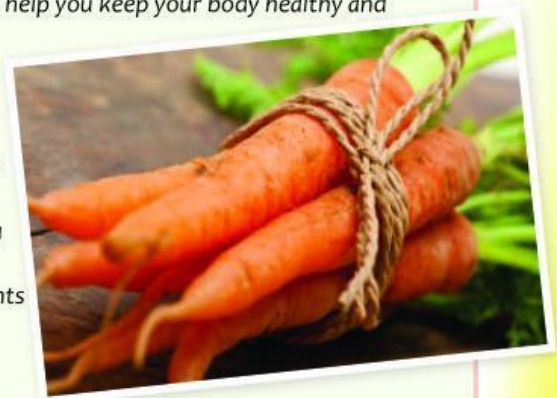
## 9. Reading

Read the text carefully!  
a small group of students read one of the steps.

### 7 Steps to keeping your body healthy

*Your body is an amazing thing and will work well for you depending on how you treat it; your body requires effort and focus on your part to maintain optimum health so that you can perform to your absolute best as much as possible. Very often injuries and illnesses manifest themselves through a lack of care for your body; here are 7 steps to focus on to help you keep your body healthy and working to the very best for you!*

1. Eat well! Getting the right nutrition is the best way of ensuring your body has the adequate amounts of fuel to keep you going. The main emphasis when it comes to eating healthily should always be to get the balance on the point. The wise way to work at your best is to focus on wholesome and varied foods that nourish you and meet your nutritional and calorie requirements. Your physical health, including bones, muscles, and joints require care and great nutrition!



2. Exercise daily! Your body is much like a machine and it needs to move! Exercise improves your cardiovascular fitness, your muscle tone, and definition, and keeps your joints and bones strong. Exercise is also one of the best ways to clear stress and any mental/emotional stagnation. Choose activities that raise your heart rate and lung capacity even if this is just a brisk 20-minute walk. Walking is actually a great way of staying active daily, and maintaining some kind of formal exercise at least 3 times a week is optimum for your overall health and well-being.



3. Sleep like a baby! The quality and quantity of sleep are very important to your health and well being because as you sleep your body regenerates. Ideally, most adults should aim for at least 6-8 hours good quality sleep each night. The best way to ensure a good night's sleep is to effectively start winding down as the evening progresses, try to avoid using any mobile devices, turn your computer off, avoid any heavy/rich foods and caffeine after 6pm; reading a book or listening to calming music often helps your body wind down in preparation, herbal teas like chamomile (or teas with a calming effect) are also beneficial.



4. Do things that you enjoy! Sometimes you can get so caught up in daily life that you actually put what you enjoy on the back burner. Life is about balance. Always make time in your life for things that make you happy. All work and no play can leave you more at risk of stress and health issues. Find time for some fun and play in your life!



5. Hydration! Staying hydrated is vital to your health. Your body can go for periods of time without food but not without water. Your body is comprised of around 75% water and forms the basis for metabolic processes, blood, body and digestive fluids, as well as being the main component in lean muscle, fat, and bones. Caffeinated and alcohol drinks tend to dehydrate so these should be limited within health and wellbeing guidelines for optimum nutrition.



6. Stay flexible and bendy! Stretching is a key component to any exercise and training routine you do. Good flexibility allows you to perform tasks better and keeps your muscles, bones, and joints supple.



7. Listen to your body! Don't ignore warning signs and aches and pains. Your body speaks to you through signals and signs in a physical, mental, or emotional form. Listening to your body means that you are able to recognize when you aren't feeling well and take the necessary steps to get yourself better. Many aches and pains in our body come from muscle imbalances. Make sure to stretch your body evenly, right vs. left, and front vs. back (e.g. quads vs. hamstring). Even if you have pain on only one side, you should always stretch both sides. When performing a stretch, proper position, and good posture help relieve tightness and increase overall mobility while minimizing injuries. Move as deeply into each stretch as possible before reaching a point of discomfort. Stretching should create tension during the stretches, and relief afterward.



Stretching might not be the best answer for every situation. When dealing with injuries or joints and muscles that are particularly painful, consult your physician or physical therapist prior to implementing a new stretch.

- b. After comprehending the text, please retell to your class or in small group!

## 12. Writing

Please write a 100-word paragraph about your sick experience!

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