

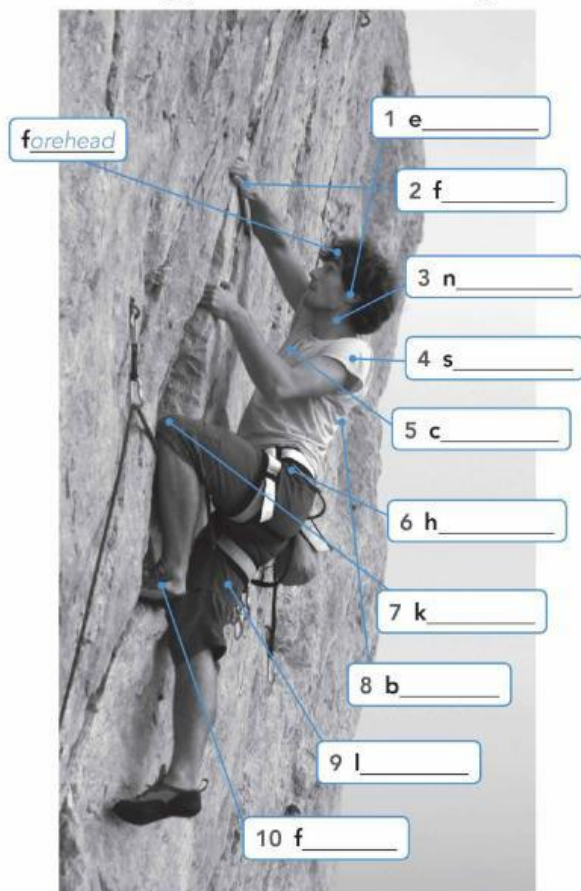
VOCABULARY

8.1

Body parts • symptoms • health
• phrasal verbs

SHOW WHAT YOU KNOW

1 Label the body parts. The first letters are given.



2 Complete the sentences with the correct body parts.

When humans sneeze, air passes out of the nose at over 160 kilometres per hour.

- In many European countries, male friends kiss female friends – but not on the _____!
- Yesterday my granddad bit into a really hard nut and broke his left front _____.
- Some geckos, a type of lizard, lick their own eyes clean with their _____.
- Camels have beautiful long _____ to protect their eyes from sand.
- Do you know why we have _____? They keep rain and sweat away from our eyes.
- The bowhead whale has the largest _____ of all animals. It could easily swallow four horses!

WORD STORE 8A | Symptoms

3 Complete the dialogues with the missing words. The first and last letters are given.

Ann: I've got a terrible headache.

Missy: I'm not surprised. The music on your headphones is too loud.

1 Meg: Are you OK? You nearly fell over.

Ola: Actually, I'm feeling a little d_____y. I need to sit down.2 Alan: Dad, I've got a s_____e now.

Dad: Really? What did you eat?

3 Ed: Feel my head. Have I got a t_____e?

Stan: You don't feel hot to me but I can get a thermometer if you like.

4 Katy: Where's the bathroom? I feel s_____k.

Rich: Oh no. Did you eat that three-day old slice of pizza?

5 Dan: I don't think I can do the presentation this afternoon. I've got a bad c_____h.

Jon: Here, try some of this medicine. It might help.

6 Dr: When did you begin to feel i_____l?

Pat: Yesterday. After I got home from the skiing trip.

4 Complete the health advice with the words from the box. There are two extra words.

back chest head leg nose
shoulder throat thumb

Dr Simple's tips
for curing almost everything

TIP 1: Yoga can really help if your back hurts. Sit correctly on your chair and sleep on a hard floor.

TIP 2: If you've got a runny _____ you should buy a big box of tissues.

TIP 3: Drink lots of water to help with a sore _____. And only sing when you're in the shower.

TIP 4: You've got a pain in the _____? Then maybe you need to see a love doctor!

TIP 5: Sending too many text messages probably created the problem, so try telephoning your friends if your _____ hurts.

TIP 6: A pain in the _____ can be the result of moving your arms too much. My advice – don't move your arms. And if that doesn't help, see tip no. 1!



5 Choose the correct verbs.

Tip-Top Health Q & A

Have you got a health concern? Here are some common questions and their answers.



Q: I want to go on a diet. What do I need to know?

A: Right, so you've ¹made / done the big decision to ²keep / lose weight? Great! Firstly, add some exercise to your daily routine. Join a gym. The high-tech machines will help you to ³check / keep your heart rate while you exercise to make sure you don't exercise too hard. Secondly, you need to learn how to ⁴make / do the right food choices. There are plenty of diets online if you can't see a dietician.

Q: I think I ⁵am / have allergic to something I'm eating. What should I do?

A: Lots of people have allergies. One sign is ⁶coming / being out in spots. To identify the problem start by ⁷keeping / losing track of what you eat. A food diary will help. Once you know what the problem is, you should visit a doctor.

Q: ⁸Am / Have I asthmatic?

A: Only your doctor can tell you if you have asthma. Sometimes, however, breathing problems are the result of stress. Try to ⁹reduce / lose the anxiety in your life and ¹⁰check / make your pulse regularly. A fast heart rate might show that stress is the problem, not asthma!

Q: I've ¹¹reduced / lost my appetite. What's wrong with me?

A: Try to ¹²reduce / lose the amount of stress you have. Some people eat more when they are stressed, but others stop eating. Have you ¹³come / make out in a rash? A rash can be a sign of stress and anxiety. Also, try to ¹⁴keep / be fit. Exercise is a great way to get rid of stress and create a healthy appetite!

6 Complete the sentences with the correct prepositions.

You need to work out regularly if you want to look like Arnold Schwarzenegger.

- I can't fit into my suit because I'm too fat. I'm going to cut _____ chocolate and sweets.
- Sandra has decided to take _____ tennis to try and get fit. She's never played before!
- Joshua returned to work after only three days off work. He always gets _____ the flu quickly.
- A woman passed _____ on the bus this morning. Luckily, there was a doctor there to help her.
- I didn't know you suffered _____ a nut allergy. I won't bake this cake again.
- The exams next week are really stressing Adam _____. He should learn how to meditate to stay calm.

REMEMBER THIS

The doctor gave me a **prescription** for my headaches.

Here's the **receipt** for your new jacket, madam.

What's the **recipe** for your wonderful pancakes?

SHOW WHAT YOU'VE LEARNT

7 Choose the correct answers A–C.

- I've got a really bad ___ in my shoulder.
A hurt B sore C pain
- It's important to check your heart ___ when you exercise.
A rate B pulse C weight
- Brad has got a cold. He's got a runny _____.
A throat B head C nose
- My dad has decided to work ___, so he's joined a gym.
A on B out C up
- The thought of going to the dentist always stresses me _____.
A out B with C over

8 Find and correct the mistakes.

Research says that one in twelve people got asthmatic. are

- Courtney is allergic from milk, so just give her some water to drink. _____
- I've a really bad headache. Where's the aspirin? _____
- How long have you suffered with migraines, Tamara? _____
- Oh no! I've come up in a rash all over my chest. _____
- My leg pains. I shouldn't go jogging tomorrow. _____

/10