UNIT 9

การรักษาสุขภาพ (How to stay healthy)

Giving advice and example

Healthy habits

- Eating good food.
- Sleeping 8 hours at night.
- Getting regular exercise.
- Drinking water 8-10 glasses a day.
- Spending time with your family and friends.
- Reducing stress by doing things you like.

Unhealthy habits

- Smoking cigarettes and tobacco.
- Drinking alcohol.
- Eating junk foods.
- Working too hard.
- Do not have enough sleep.
- Do not exercise, sitting all day.



Worksheet 1

Answer the questions from the information given in the table.

a You should see a dentist.	f You should rub some balm on it.
b You should not eat anything for a few hours.	g You should take some vitamin C.
c You should put a Band-Aid on it.	h You should drink a lot of warm water.
d You should put it in ice cold water, as cold as you can.	i You should take some aspirin or paracetamol.
e You should blow your nose.	j You should take some cough syrup.



_____ 1 I have got a sore throat.

_____ 2 I have got a cold.

_____ 3 I have got a toothache.

_____ 4 I have got a backache.

_____ 5 I have got a stomachache.

_____ 6 I have got a burn on my hand.

_____ 7 I have got a headache.

_____ 8 I have got a terrible cough.

_____ 9 I have cut my finger.

_____ 10 I have got a runny nose.

LIVEWORKSHEETS

Worksheet 2

Fill in the blanks with the correct form of the verbs **"have"** or **"feel"**.



Toby ❶ Hi, Serena. How are you?

Serena ❷ I _____(1) terrible.





Toby ❸ What's the matter?

Serena ❹ I _____(2) a headache and a sore throat.





Toby ❺ That's too bad. Do you _____(3) a cold?

Serena ❻ Yes. I _____(4) an appointment to see the doctor today.





Toby ❼ I hope you_____(5) better.

Serena ❽ Thanks.



Worksheet 3

Name 5 illnesses that keep people from going to work or school. Then, give advice for curing the problem

❶ Illness : _____
Advice : _____

❷ Illness : _____
Advice : _____

❸ Illness : _____
Advice : _____

❹ Illness : _____
Advice : _____

❺ Illness : _____
Advice : _____

Worksheet 4

Listen to a conversation between a patient and a doctor and complete the dialog.



Dr. Smith : Hello, Nina. How are you _____ (1) today?
Nina : I _____ (2) feel well.
Dr. Smith : What's wrong? Can you tell me how you feel?
Nina : Well, I have a terrible _____ (3).
Dr. Smith : Hmm...Anything else? Does your throat hurt?
Nina : Yes, it hurts _____ (4). I have a _____ (5) too.
Dr. Smith : Do you have a _____ (6)?
Nina : Yes, I have a low fever.
Dr. Smith : It sounds like you may have the _____ (7).
Nina : Oh, that's terrible.
Dr. Smith : Don't worry. I will give you some _____ (8) and you will feel better soon.
Nina : Okay. Can I go to work tomorrow?
Dr. Smith : No. Stay home tomorrow, _____ (9), and drink plenty of juice and water.
Nina : Thank you, Doctor.
Dr. Smith : Okay, take care of yourself and I hope you _____ (10) soon.

LIVEWORKSHEETS

Worksheet 5

Look at the pictures below. Describe the symptoms and how much pain each person feels.

Example



Symptom : The girl has a sore throat.

Degree of pain : She's in severe pain.

1



Symptom : _____

Degree of pain : _____

2



Symptom : _____

Degree of pain : _____

3



Symptom : _____

Degree of pain : _____

4



Symptom : _____

Degree of pain : _____

5



Symptom : _____

Degree of pain : _____

6



Symptom : _____

Degree of pain : _____

7



Symptom : _____

Degree of pain : _____

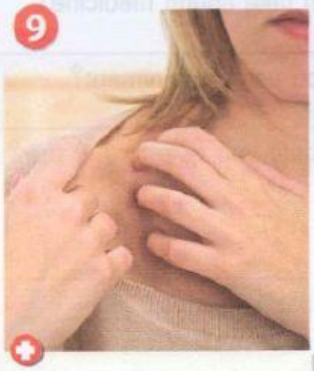
8



Symptom : _____

Degree of pain : _____

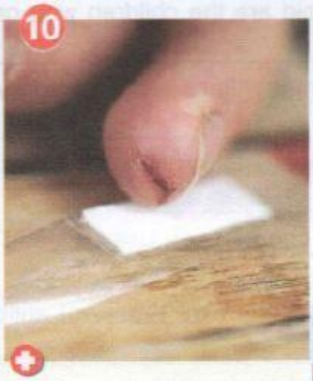
9



Symptom : _____

Degree of pain : _____

10



Symptom : _____

Degree of pain : _____



LIVEWORKSHEETS

Worksheet 6

Read the labels and answer the questions.



Antibiotic capsules dosage

Dosage : 2 capsules twice daily before meals or as directed by the physician.

Warning : Keep out of reach of children.

Exp: 05 / 02 / 2014



Paracetamol Dosage

Adults take two tablets every 4-6 hours with water. Do not take more than 6 tablets in 24 hours. Do not use for more than 10 days unless directed by a doctor.

Warning : Keep out of reach of children.

Exp: 01 / 01 / 2013



Cough medicine dosage

Adults 12 years and over: two 5ml teaspoons of cough syrup. Children 6-12 years : one 5ml teaspoon of cough syrup. Do not take more than 6 doses per day. To be taken orally.

Warning : Keep out of reach of children.

Exp: 15 / 09 / 2014



Ointment : Relief from allergic rashes.

Direction of use : Apply sparingly over small area once/twice a day for a maximum period of one week. In case of side effects or if symptoms persist, consult your doctor.

Warning : For external use only. Keep out of reach of children.

Exp: 19 / 09 / 2013



1. What is the ointment used for?
2. Can children under 12 take cough medicine?
3. How old are the children who can take cough medicine?
4. How many times a day should you use the ointment?
5. How many antibiotic capsules should you take in one day?
6. How long can you use ointment?
7. When is the expiry-date of antibiotic capsules?
8. When is the expiry-date of paracetamol tablets?
9. How often can you take Paracetamol?
10. What is the warning for ointment?

LIVEWORKSHEETS

Worksheet 7

Read the conversation below and answer the questions.

Nicole : So, how are things going, Steven?

Steven : Well, to be honest Nicole, I was feeling great on Saturday, but I started to feel sick Sunday afternoon. I thought I'd get better, but I feel worse than before.

Nicole : Well, what seems to be the problem?

Steven : Well, I thought I had the flu, but the doctor said it was just a bad cold. He gave me some cold medicine to take care of my stuffy nose and fever. I'm supposed to take the medicine three times a day after eating, but it doesn't seem to help. He also told me to rest for few days, but I'm so busy these days.

Nicole : Listen, forget about that medicine! I have just the thing to get rid of bad colds. You see, my mom is really into herbal medicine.

Steven : Oh, no thanks.

Nicole : Come on, give it a try. You just take some of my mom's herbal tea and drink it four times a day. Believe me. You'll be up and dancing around in no time.

Steven : Dancing around in no time, right? Well, I guess. Nothing else seems to be doing the job.

Nicole : Great. I'll come by your place at 7.30 pm. See you then.



1. What's the matter with Steven?
   A. He has a cold. B. He has a flu. C. He has a stomachache.
2. How long has Steven been sick?
   A. since Friday B. since Saturday C. since Sunday
3. How often should Steven take the medicine the doctor prescribes?
   A. three times a day with meals B. four times a day before meals C. three times a day after meals
4. What does Nicole suggest he do?
   A. take herbal medicine B. see another doctor C. eat chicken soup
5. What does Steven decide to do?
   A. talk to another friend B. listen to Nicole's suggestion C. see the same doctor again

LIVEWORKSHEETS

Worksheet 8

Choose the best answer.

1. I didn't sleep much last night; I had a terrible _____ in my back.
   a. hurt b. sore
   c. pain d. ache
2. Malcolm's had a terrible _____ for days now; I really think he should go to the doctor's.
   a. stomachache b. backache
   c. headache d. all of the above answers
3. When David Beckham _____ his ankle, he couldn't play football for weeks.
   a. injury b. injured
   c. wounded d. wound
4. When I felt a _____ in my chest, my wife called an ambulance immediately.
   a. painful b. pain
   c. pains d. all of the above answers
5. I've got a really bad _____ throat; I think I'm going down with a cold.
   a. hurt b. sore
   c. ache d. pain



LIVEWORKSHEETS