LESSON 98
PULSE 2: UNIT 9-TAKE CARE
HEALTH-VOCABULARY & LSITENING
FOCUS SKILL: LISTENING & SPEAKING

Name: _____ Class: _____

1. Read the health advice. Listen and repeat the health problems in blue.

Vocabulary and Listening

Health

THE A-Z OF TEENAGE HEALTH

Dr Maggie gives you advice about some common teen health issues.

Anxiety
Do you lie awake worrying at night? Do you get a **stomach ache** before an important event like an exam? Exercise is a great way to deal with stress. Play football, dance or just go for a walk.



Computers
Staring at your computer screen for hours will give you a **headache**. To avoid **eye strain**, look away from the screen every five minutes.

Food
Eat lots of fruit and vegetables and you won't catch a **cold** and a **cough** in the winter. And don't eat too many sweets because they will give you **toothache**.



Greasy skin
Lots of teenagers have greasy skin and **spots** because of hormone changes as they grow. A healthy diet and some sun can help. (But not too much sun – see below.)

Holidays
Sunburn never looks good! Always use suncream and wear a hat in the sun. Avoid getting a **mosquito bite** by wearing clothes that cover your arms and legs in the evenings. And if you get a **bee sting**, put some ice on it to relieve the pain.

MP3 players
Do you really have to have the music so loud? You could get **earache** and also risk damaging your ears.

School
Carry your books in a rucksack and wear it on your shoulders in the correct way so you don't get **backache**.







Have you got a health problem and don't know what to do about it? Email Dr Maggie or call the Teen helpline on 0800 572301.

3. What do you think is the matter with people in picture a - c? Match the pictures with the correct answers.







She's got a mosquito bite.

She's got a headache.

He's got a cold.

LIVEWORKSHEETS

4. Fill in the blanks with the suitable answers by recording your voices to the space provided. For each question, you can refer to the answers in the yellow box given below.

Eg: I've got a _____. What should I do?

You should _____.

ANSWERS:
- have lots of hot drinks and stay at home
- cold

Eg: I've got a _____. What should I do?

You should _____.

ANSWERS:
- headache
- rest in a quiet room and try a cold pack

Eg: I've got a _____. What should I do?

You should _____.

ANSWERS:
- use sunscreen and wear a hat in the sun
- sunburnt

5. Listen to the two phone calls to the helpline. Who isn't very active?

A. Molly B. David

6. Listen to the two phone calls again. Then, complete the doctor's notes below by writing the correct answers in the box provided.

Name: (1) _____

Problem(s): backache

Likely cause: carrying his school bag on (2) _____

Advice: carry school bag correctly, carry fewer (3) _____ in the bag

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Name: Molly

Problem(s): (4) _____, (5) _____

Likely cause: spending too much time on her computer

Advice: spend less time playing computer games, do more (6) _____

ANSWERS:
- exercise
- headaches
- one shoulder
- David
- books
- not sleeping very well

LIVEWORKSHEETS