

♥ MODULE 2 – YOUR BODY & YOU – PART 2 ♥

Exercise 5: Complete the collocations. You are given the first letter of the missing words.

b) Six people are talking about their medical experiences. Complete each space with a suitable word. The first letter of each space is given.

1. Peter

When I was playing football, I broke my ankle and was carried off the pitch on a s_____.

I was taken to c_____, where the doctor put a p_____ cast on my leg. For the next two months I needed c_____ to get around with.

2. Maria

I'm in hospital p_____. You'll see my pushing trolleys or wheelchairs, or carrying supplies from one department to another. Typically, I collect people who've just come out of s_____, where they've had an o_____, and take them to their w_____, where they stay and recover.

3. Jane

I was s_____ on the hand by a wasp, which may sound no big deal, but I'm a_____ to such things. The doctor gave me some cream and put my arm in a s_____. She said I should keep the hand exposed to the air rather than put a p_____ on it.

4. Kath

I've never been fat, but recently I noticed I was getting a bit f_____ round the waist, and I happened to read an article that said I was 10 kilos o_____ for my height, age and build. I wish I was 16 again. I had a lovely f_____ at that age. Now I really have to be selective about what I eat, although I don't believe in d_____.

5. Tom

I've been having toothache and imagined I'd need to have a f_____ at the dentist's. But when I went to get it checked out, she said tooth would have to be e_____. Well, after it was all over and the effect of the i_____ had worn off, I was in a _____ for two days and had to have painkillers.

Exercise 6: Choose the best answer to complete the sentence.

1. The authorities are taking steps to prevent an _____ of cholera.
A. anemic B. epidemic C. pandemic D. endemic
2. In the past, she ate a lot of junk food and was overweight. Sometimes she would try to _____ on a diet but it would never last.
A. come B. keep C. go D. carry
3. Now she understands how unhealthy processed foods are – they are full of additives that contributes to weight _____ and heart problems.
A. gain B. obtain C. achieve D. loss
4. There are several ways to exercise and do us _____.
A. good B. well C. healthy D. strong
5. If you take this medicine, you will _____ a full recovery soon.
A. have B. get C. take D. make
6. Mary slept late and awoke with a _____ headache.
A. splitting B. hitting C. knitting D. dividing
7. She has learnt to eat in _____ and watch her portion sizes.
A. modesty B. honesty C. moderate D. moderation
8. Although she was _____ ill, she tried her best to finish her final exam.
A. heavily B. severely C. hardly D. seriously
9. In summer, my daughter doesn't have to go to school. She is very mischievous, I have to take care of her, which _____ me occupied.
A. makes B. gets C. causes D. keeps
10. He had already eaten 6 sausages but that did not stop him expecting a second _____.
A. food B. helping C. servicing D. plate

Exercise 7: Choose the answer (A,B,C or D) that best fits each space. (Use it for IELTS – Writing task 2)

An effective health care system should encourage people to take preventative measures against illness and disease, rather than encourage them to rely on treatment.

To what extent do you agree with this statement?

Over the last few centuries, great (1)_____ have been made in the field of medicine. More treatments have become available, so that a range of illnesses can be (2)_____ and the life (3)_____ of people in developed countries has extended. It is still a matter of debate, however, whether governments should focus on prevention or cure.

Nowadays the media is used to promote a (4)_____ approach to preserving health. In other words, people are encouraged to look after not only their bodies, but also their mental and emotional (5)_____. We have had anti-smoking campaigns and advice on nutrition or decades, and many people have quit their nicotine habit or reduced their fat intake. Thus, there has been some decline in lung and heart disease. The government also supports childhood (6)_____ programmes. Thus, few children (7)_____ from previously fatal illness such as rubella or hepatitis B. Now we also have leaflets available in doctor's waiting rooms on relaxation (8)_____ to reduce stress. Alongside these are posters recommending how much exercise should be taken.

There is no doubt that the measures above help people keep their health to some extent. However, when it comes to most forms of cancer and inherited genetic (9)_____, they only option available is treatment and so it is vital that governments continue to (10)_____ research into medication. More effective pain (11)_____ and drugs with fewer (12)_____ effects should be available to all citizens, not just to the minority who can afford the prices that (13)_____ companies charge. Prevention only works when a person has active control over the way their body functions.

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| 1. A. stages | B. advances | C. results | D. answers |
| 2. A. healed | B. cured | C. dealt | D. aided |
| 3. A. expansion | B. longevity | C. period | D. expectancy |
| 4. A. holistic | B. conservative | C. supplementary | D. detailed |
| 5. A. aspects | B. situation | C. well-being | D. background |
| 6. A. injection | B. antidote | C. antibiotics | D. immunization |
| 7. A. suffer | B. complain | C. ensure | D. bear |
| 8. A. manners | B. behavior | C. practice | D. techniques |
| 9. A. faults | B. syndromes | C. disorders | D. malfunction |
| 10. A. pay | B. fund | C. donate | D. afford |

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|------------------|------------|-------------------|---------------|
| 11. A. delay | B. relief | C. support | D. assistance |
| 12. A. side | B. extra | C. margin | D. down |
| 13. A. chemistry | B. medical | C. pharmaceutical | D. surgical |

Exercise 8. Fill in the blank with a word/phrase from the box. (USE IT FOR IELTS SPEAKING PART 2)

A)

<i>phone in sick</i>	<i>in charge of</i>	<i>have no choice but</i>	<i>under the weather</i>	<i>take leave</i>	<i>sore throat</i>
<i>catch a heavy cold</i>	<i>over the worst of it</i>	<i>make a speedy recovery</i>	<i>feeling poorly</i>		
<i>chesty cough</i>	<i>a bit off-color</i>	<i>rain cats and dogs</i>	<i>check-up</i>	<i>blocked nose</i>	

Well, I've never been a seriously ill, but I can remember a couple of weeks ago, I had (1)_____ for 3 days because I was (2)_____. I was walking back home from work and it suddenly started to rain (3)_____, so I got wet. The next day when I woke up, I was (4)_____. I still remember feeling (5)_____, even I got a headache, a (6)_____, (7)_____ and a (8)_____. I decided to see my GP for a (9)_____. My GP said that I (10)_____ and had to take a lot of medicine. I was (11)_____ a project presentation at that time, and due to the situation, I (12)_____ to (13)_____ and reschedule the presentation until this week. But thank God, I was (14)_____ and (15)_____ after 3 days of suffering.

B).

<i>cut back on</i>	<i>metabolism</i>	<i>lean protein</i>	<i>do wonder for</i>	<i>sedentary lifestyle</i>
<i>up to my neck</i>	<i>pump the iron</i>	<i>hit the gym</i>	<i>out of shape</i>	<i>shed a few pound</i>
<i>get lean</i>	<i>sweat it out</i>	<i>recharge my battery</i>	<i>balanced diet</i>	<i>rejuvenate</i>
<i>burn a lot of energy</i>	<i>stamina (physical strength)</i>	<i>abstain from</i>	<i>cardiovascular</i>	

Nowadays, staying fit is everyone's concern and I'm of no exception. I'm an office staff so I'm living a (1)_____. Recently, I have been (2)_____ at work due to Corona pandemic but I've realized that I'm (3)_____ so I need to (4)_____ and (5)_____. I decided to (6)_____ where I can (7)_____ to (8)_____ and (9)_____. I think going to gym really (10)_____

my body because it can help increase (11)_____ and improve (12)_____. Besides (13) _____, I should also have a (14)_____ to (15)_____ by (16)_____ junk food and (17)_____ whole food and consume (18)_____. Hopefully, all those things will (19)_____ me soon.

Exercise 9: Complete the sentences using the words given, so that it has a similar meaning to the first sentence. Write between two and five words in each gap.

1. Thankfully, Adrian doesn't need to have an operation. **no**

Thankfully, there _____

2. The minister had to resign because of ill health. **led**

Ill health _____

3. You won't benefit from seeing the doctor if you've just got a cold. **worth**

It _____ the doctor if you've just got a cold.

4. I'm seeing the nutritionist at three tomorrow. **appointment**

I've _____ the nutritionist at three tomorrow.

5. I don't want to be a vegan any more! **tired**

I _____ a vegan!

6. Your arm probably won't heal before the match on Saturday. **unlikely**

Your arm _____ heal before the match on Saturday.

7. I wish I could do a hundred press-ups in one go. **able**

I'd love _____ a hundred press-ups in one go.

8. Do you think I should reduce the amount of chocolate I eat? **on**

Do you think I should _____ chocolate?

9. Dan couldn't work because he caught a flu. **down**

Dan _____, which meant he couldn't work.

10. If you smoke, then stopping can really improve your health. **up**

If you, _____, you'll really improve your health.

11. We asked the vet to kill the dog to stop her suffering any longer. **put**

We asked the vet _____ to stop her suffering any longer.

12. I don't really have enough energy to play tennis. **up**

I don't really _____ tennis.

13. Is it true that getting wet can cause a cold?

on

Is it true that getting wet can _____ a cold?

14. The flu epidemic started suddenly in June and lots of people got ill.

out

Lots of people got ill when the flu epidemic _____ in June.

15. Spending two weeks in hospital was very different from lying on the beach! **cry**

Spending two weeks in hospital was _____ lying on the beach!

