

Health and body care

Read and fill in the missing words.

toothache
broken leg
stomach ache
cold
cough
sore throat
headache

- 1 I can't walk. I have got a _____.
- 2 Poor Jessica! It's her concert night and she can't sing. She has got a _____. She has to drink hot tea with honey.
- 3 I think Bob isn't well. He can't finish a single sentence because he has got a terrible _____.
- 4 Jane is very angry. She has got a _____ but she doesn't want to see the dentist. Poor Jane, she is scared.
- 5 When you worry too much you can get a terrible _____.
- 6 When you sneeze a lot and have got a runny nose you probably have got a _____. Stay in bed and you will soon feel better.
- 7 No wonder you have got a _____. All that chocolate!

Match.

PROBLEM

- 1 I'm hungry.
- 2 I'm sleepy.
- 3 I'm thirsty.
- 4 I've got a temperature.
- 5 I've got a headache.
- 6 I feel really sick.
- 7 I've got a toothache.
- 8 I've got a cold.

HELP

- ☐ Have some water!
- ☐ Take a rest!
- ☐ Go to the dentist's!
- ☐ Have some warm tea!
- ☐ Have a sandwich!
- ☐ Go to bed!
- ☐ Stay in bed!
- ☐ Call a doctor!

Unscramble the words.

A lot of pupils from my class are not at school today.

Almost everybody is ill. Steve can't walk. He has got a (ERNOBK GEL)

_____. Veronica has got

a terrible (CTOEHATOH) _____. She must visit her dentist.

Peter has got a high temperature and he sneezes a lot. He has got a

(LOCD) _____. Sarah can't talk. She must drink warm tea.

She has got a (ROSE RATHOT) _____.

William likes eating, but today he can't eat anything.

He has got a (TOHMSAC CHAE) _____.



Match the phrases in A with the phrases in B.

A

- I've got a bad leg ●
- I've got a headache ●
- I've got a bad hand ●
- I've got a backache ●
- I've got a bad eye ●
- I've got a bad foot ●
- I've got a cut on my finger ●

B

- so I can't watch TV.
- so I need to sit down.
- so I can't do my homework.
- so I can't put my shoe on.
- so I can't write.
- so I can't lift that big box.
- so I need a plaster.

Read the list. Decide which of the activities are good or bad for you.

- a) eating fruit and vegetables
- b) swimming
- c) not getting enough sleep
- d) going to the gym
- e) laughing a lot

- f) running every day
- g) not having breakfast
- h) watching TV
- i) drinking a lot of coffee
- j) learning new things

GOOD

BAD
