INSTITUTO TECNOLÓGICO DE SONORA

LANGUAGE DEPARTMENT

English 3 | Handout 19. Health Problems

Name: _____ Date: _____

Part I. VOCABULARY & READING

Choose a word to make the opposite expression.

Quit ***Out of shape*** ***Unhealthy*** ***Leave*** ***Dislike***

1. This food is good for your health. — This food is _____.
2. Claire is in good shape. — Claire is _____, she can't run.
3. He will join a gym to workout. — He will _____ the gym.
4. Her parents started smoking. — Her parents _____ smoking.
5. Do you enjoy healthy food? — Do you _____ healthy food?

Read the text and answer the questions with your own information.

Four friends, Alex, Lucy, Sam and Joe were sitting in a coffee bar while chatting about health.

"I must admit," said Alex, "I sometimes forget to take my medicine for my high pressure problem. **If** I forgot to take it continuously, I **could get a stroke right away."** Lucy told the group, "last weekend I went out of town to a very far village and I forgot to pack my pills for my low pressure. Thank god I had some extra in my car. **if I didn't have them, I'd be dead** because in that village there isn't a pharmacy."

"I don't have those kind of health problems," Sam said, "but yesterday I woke up with a horrible headache maybe because I had too much pressure from work. **If** I didn't take an aspirin that a friend of mine gave me , **I wouldn't have the chance to complete my work shift.** It just felt awful that never happened to me before I am a very healthy person."

Joe had been silent during the conversation, so Sam turned and asked him, 'Well, Joe, do you have any health problems?

"Oh, yes," said Joe," I have gastritis but I always take my medicine. You must be more careful about your own health".

LIVEWORKSHEETS

6. What would happen if you did not take a pill for migraine?

_____

7. What could happen if you did not take the medicine for high pressure?

_____

8. Do you suffer of any health problems? What problem?

_____

Part II. WRITING

Explain detailed what you would do in each situation or problem as is shown below.

Example:

What would you do if you knew you had a life-threatening disease?

If I knew I had a life-threatening disease, I would strive to complete as many things as possible from my bucket list. First, I would like to go skydiving, I would also travel to Bora Bora and spend a weekend there with my family. I would do everything that is in my power to improve my health condition.

What would you do if you could only eat healthy food for the rest of your life?

What would you do if you knew the cure for cancer?

LIVEWORKSHEETS

What would you do if you knew you have three days left to live?

Part III. SPEAKING

Use the four phrases given below to make questions and ask three classmates what they would do in each situation. Write down their answers.

What would you do if...

	Student 1	Student 2	Student 3	Student 4
break a bone				
Lose an upper extremity				
have to use a wheel chair for the rest of your life				
Have diarrhea				

LIVEWORKSHEETS