UNIT 9: HEALTH AND FITNESS

I. VOCABULARY

Parts of the body			
1	ankle (n)	/ˈæŋkl/	
2	back (n)	/bæk/	
3	chest (n)	/tʃest/	
4	elbow (n)	/ˈelbəʊ/	
5	heel (n)	/hi:l/	
6	knee (n)	/ni:/	
7	palm (n)	/pa:m/	
8	shoulder (n)	/ˈʃəʊldə(r)/	
9	stomach (n)	/ˈstʌmək/	
10	wrist (n)	/rist/	
Health problems			
1	have a backache	/hæv ə ˈbækeɪk/	
2	have a cold	/hæv ə kəʊld/	
3	have a fever	/hæv ə ˈfi:və(r)/	
4	have a headache	/hæv əˈhedeɪk/	
5	have a sore throat	/hæv ə sɔ:(r) θrəʊt/	
6	have sore eyes	/hæv ə sɔ:(r) aiz/	
7	have a stomachache	/hæv ə ˈstʌməkeik/	
8	have a toothache	/hæv ə ˈtu:θ.eɪk/	
9	have an allergy	/hæv ənˈælədʒi/	
10	have an earache	/hæv ənˈɪəreɪk/	
11	get the flu	/get ðə flu:/	
Verbs/ Verb phrases			
1	ache (v)	/eik/	
2	hurt (v)	/hɜ:t/	
3	pain (v)	/pein/	
4	see the doctor	/si: ðə doctər/	

LIVEWORKSHEETS

5	sore (v)	/sɔ:(r)/	
6	take a day off	/teik ə dei ɔ:f/	
7	take a rest	/teik ə rest/	
8	take medicine	/teik ˈmedɪsən/	

Exercise: Find the suitable work started with the available letter.

1. He drank a lot of wine last night, so he has a terrible **h**_ _ _ _ _ _ _ now.
2. She had to wear sunglasses because she had **s**_ _ _ eyes.
3. He could not speak loudly because he was having a sore **t**_ _ _ _ _.
4. He had an **a**_ _ _ _ _ _ to animal hair because they make him sneezes a lot.
5. She had to take **m**_ _ _ _ _ _ _ because she had a terrible headache.
6. We really want to **h**_ _ _ a day off to go to the beach.
7. You can take a lot of **v**_ _ _ _ _ _ C from oranges.
8. My child can't go to school because he has an awful **t**_ _ _ _ _ _ _ _.
9. Jane walked under a heavy rain last night, so now she has a terrible **c**_ _ _.
10. It seems that she can't breathe because her **c**_ _ _ _ hurts a lot.

II. GRAMMAR

Exercise: Complete the sentence with the given words

1. should/ Children/ vegetables/ of/ lots/ eat/ but/ shouldn't/ of/ eat/ sweets/ lots/ sweets/ they.

   _____

2. doctor/ on/ The/ operate/ said/ to/ it/ was/ ought/ she/ getting/ worse/ and

   _____

3. horseback/ yesterday/ should/ You/ see/ him/ on.

   _____

4. now/ ?/ letter/ that/ Shouldn't/ answer/ you

   _____

5. knew/ that/ He/ house/ at/ his/ arrive/ should/ about/ this/ guests/ house/ the.

   _____

III. READING

Exercise: Read the text and decide the sentences are T (true) or F (false).

Food can be dangerous for your health!

LIVEWORKSHEETS

When you go to a restaurant you often think that the food you are ordering is good for you. But many restaurants serve healthy food, like fish or salad, with a sauce or dressing that uses a lot of oil, fat, or sugar. The British Food Standard Agency wants all restaurants to say in their menus exactly what is in each dish, how many calories, how much fat, and what additives. They think that restaurants don't give their customers enough information, and this new plan could help people to have a healthier diet.

But chefs are not happy with the Agency's plan. One top chef said, 'People are not stupid. They know that many sauces have butter and cream in them. But if we put on a menu that a dish has 1,000 calories, nobody is going to order it!'

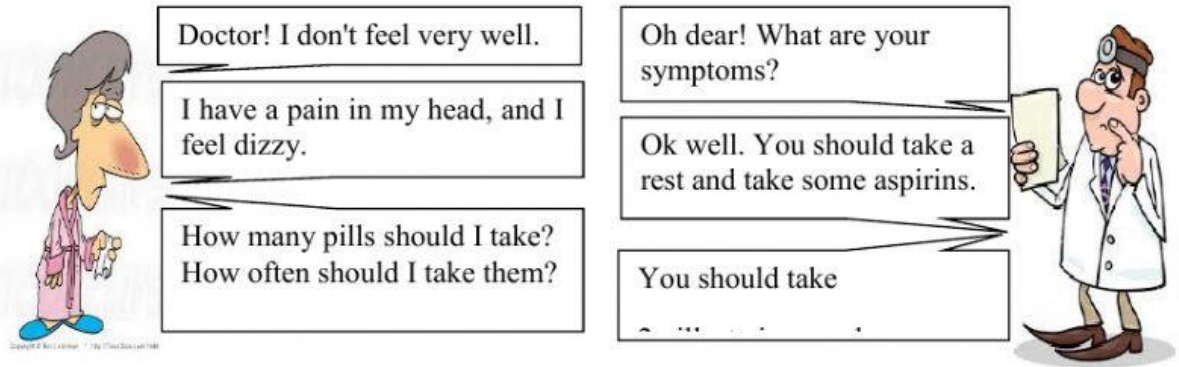
However, many doctors agree with the plan. Bruce Ward, Professor of Medicine, said, 'People know that cigarettes are bad for them, because it tells you on the packet. But when they got to a restaurant they often have no idea if the food is healthy or not. Food products that have a lot of calories, fat, and sugar need a health warning, exactly like cigarettes'.

1. A lot of restaurants serve healthy food with unhealthy sauces.
2. Cooks are happy with the Agency's plan.
3. Cigarettes' packets show how bad they are.
4. People know exactly about food in the restaurant.
5. Unhealthy food should have a health warning like cigarettes.

IV. SPEAKING

Activity: Role-play

Work in pairs. Take turns to role play as a patient and a doctor. Practice the conversations below, then use given information to make similar conversations.



LIVEWORKSHEETS

Health problems	Symptoms	Health advice/ Remedies
Toothache 		
Sore throat 		
Sore eyes 		
Cough 		
Stomachache 		

V. WRITING

Write a passage (80-100 words) to talk about an illness that you've had.

Suggested questions:

1. When did you get illness?
2. Why did you get the illness?
3. What are its symptoms?
4. What remedies did you take?
5. How long did it take you to get better?

LIVEWORKSHEETS