

HEALTH CONDITIONS

1 Look at these words. Label them problem (P) or treatment (T).

___ antibiotics ___ bandage ___ broken leg ___ burn ___ cold ___ cough ___ cut ___ dizzy ___ flu
___ headache ___ injection ___ painkiller ___ plaster ___ sneeze ___ sore throat

2 How many of the things in exercise 1 can you find in the picture?



3 **SPEAKING** Work in pairs. Read the five statements in the fact file below. Do you think they are true (T) or false (F)?



Five Health Facts and Myths

- 1 **You should drink eight glasses of water per day.**
You can get enough liquid from ¹ _____, coffee, ² _____ and milk. You also get liquid from food, especially ³ _____ and vegetables.
- 2 **You can treat flu with antibiotics.**
You can use antibiotics to treat ⁴ _____, but ⁵ _____ is a virus.
- 3 **Chicken soup can help when you have a cold.**
Chicken soup has got lots of ⁶ _____ ingredients and it can help with a ⁷ _____ or a sore throat.
- 4 **You shouldn't drink cold drinks when you have a sore throat.**
The ⁸ _____ of the drink isn't important. But don't drink too many ⁹ _____, fizzy drinks.
- 5 **It isn't dangerous to go swimming immediately after a meal.**
It is quite ¹⁰ _____ to go swimming after a meal.

Talking about illness

7 SPEAKING Label the pictures 1-5 with the problems below. Then match the problems to advice a-e.

■ I've got a bad cut. ■ I've got a headache. ■ I've got a cough and sore throat. ■ I can't sleep. ■ I feel dizzy.



1 2 3 4 5

- a You should put a plaster on it.
- b You should have a bath, listen to some music and relax before you go to bed.
- c You should drink some hot water with lemon and honey.
- d You should take a painkiller.
- e You should sit down, and make an appointment to see your doctor.

8 2.17 Listen to the dialogue. Which problems from exercise 7 does James have?

9 2.17 Listen again and complete the phrases from the dialogue.

Asking about someone's health

What's the ¹ ?
Are you ²
about anything?

Describing problems

I ³ a headache.
I ⁴ at night.

Giving advice

Try to ⁵
⁶ about
school work or exams before
bedtime.

10 2.18 Use the phrases below to complete the dialogue. Then listen and check.

■ you should raise your feet ■ Are you OK ■ I think you should see a doctor ■ I feel really dizzy
■ Do you feel sick

Rick Hello, Martha. You don't look very well. ¹ ?
Martha No, I'm not. ²
Rick Oh dear. You should sit down. And ³
Martha Why?
Rick It makes the blood go to your brain.
Martha Oh, OK, thanks.
Rick ⁴ ?
Martha No, I don't. But I've got a bad sore throat.
Rick ⁵
Martha Yes, maybe you're right.

Health problems

1 Label the pictures with the health problems below.

- a blocked nose ■ a broken arm ■ a bruise ■ flu
■ hay fever ■ a nosebleed ■ ill/unwell ■ a rash ■ shivery
■ sick ■ a sore throat ■ a sprained ankle ■ stomach ache
■ a (high) temperature ■ toothache ■ weak



1



2



3



4



5



6



7



8



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10



11



12



13



14



15



16

2 Complete the table with the words in exercise 1.

I'm feeling ...		
ill/unwell		
I've got ...		
a (high) temperature		

3 Write sentences with the phrases in exercise 2.

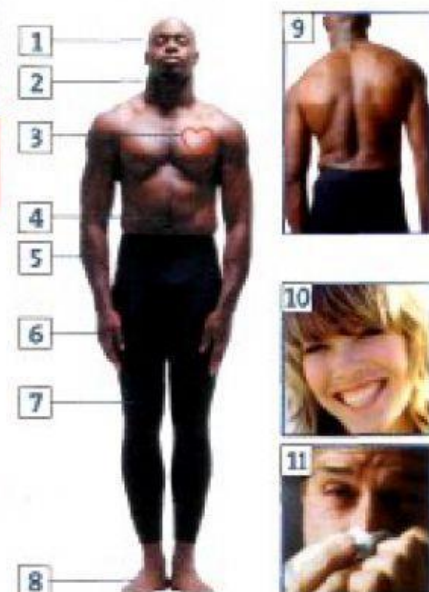
His stomach hurts. **He's got stomach ache.**

- I want to vomit.
- He needs to go to the dentist.
- Your body is very hot.
- She's very cold.
- They haven't got any energy.
- I think I'm ill.
- She can't move her arm.
- You're allergic to the spring.
- I can't breathe through my nose.
- You've got a purple mark on your leg.



The body

arm back foot hand head
heart /ha:t/ ill/sick leg neck
stomach /stə'mæk/ well



Phoning in sick

How often do you phone in sick when you're well? The results of a new study show:

- The average person takes eight days a year off sick. People who work in the public sector, for example education, take more time off than other people. The highest figure is in the police force. The average worker in the police force takes 12 days sick leave a year.
- The most common excuses are flu, back pain, headache, and stomach ache. 40% of days off result from flu.
- Of all people who take time off sick, about one in five are not really ill.
- Every year, 22 million people get sick notes from their doctors. Of these people, 9 million are perfectly well.
- 50% of sick days are on Monday or Friday. The number of people off sick is also higher when there are important football matches or other events.
- There are also problems with school kids taking time off sick. There are plans to make parents pay £100 a day if their kids take time off sick, for example to go on holiday.

Are you going to take a day off sick this month? Tell us what you think about sick days.

Your comments:

'They want us to work longer hours and they don't pay us enough. So sometimes we take days off when we're not really sick. What's wrong with that?'

Derek, Middlesbrough

'I never take days off. These days, people feel tired after a late night and they phone in sick. I think it's disgusting. If you don't want to work, leave!'

Marge, Leeds

'I hate people coming into the office with flu. Two weeks later, we've all got it. When I get flu, I stay in bed and phone in sick. But I don't agree with people taking days off when they're not ill. I think that's like stealing from your company.'

Robert, Northampton

'In our office, we get a bonus if we don't take sick days over Christmas and New Year. So I take my sick leave in February!'

Beverly, Guildford

'I get really bad headaches. But I hate phoning in sick. The boss thinks I'm lying because the others in the office are taking days off to go shopping or whatever. That's the problem.'

Sheila, Motherwell

'I'm always ill in the holidays or at weekends. I think it's because I work too hard, I get really tired and stressed, and then I get sick in my free time. So I take a few days off and say I'm sick. That's fair enough, isn't it?'

Russ, Swansea



flu



stomach ache



back pain



headache /'hedə:k/

How to say how you feel

v the body, health P short and long vowels

A Vocabulary the body

- 1 Look at **The body** opposite. Work with a partner. Match the words with numbers 1–11.
Example 1 = head.
- 2 **12B.1▶** Listen and check. Listen again and repeat.

B Read for general meaning

- 3 Look at **Phoning in sick** opposite. Read the article quickly. What do you think the title means?
 - a Phoning your friend to ask if he/she is feeling well.
 - b Telephoning your boss to say you're ill.
 - c Telephoning the doctor.
- 4 Read the article again. Write *true* or *false*.
 - 1 People who work in education take most time off sick.
 - 2 20% of people who take time off aren't really ill.
 - 3 Doctors give notes to people who aren't ill.
 - 4 Derek thinks he doesn't get enough pay.
 - 5 Beverly doesn't usually take time off sick over Christmas.
 - 6 Russ works very hard at weekends.
- 5 Find words or phrases in the article with these meanings.
 - 1 time off work when you are ill *sick leave*
 - 2 a letter from the doctor to say you are ill
 - 3 take a day off work when you are ill
 - 4 a pain in the head
 - 5 a stomach problem
 - 6 extra money
 - 7 9,000,000
 - 8 taking something and not paying for it
 - 9 not telling the truth

D Vocabulary phrases to say how you feel

- 9 **12B.3▶** Listen and repeat.
I don't feel well
I think it's flu
I feel really ill
What shall I do?
Don't go to work
Stay home instead
Phone in sick
And stay in bed
- 10 Complete the conversation with phrases from exercise 9.
A ¹ *I don't feel well.*
B Why? What's wrong?
A I've got a headache and back pains. ² _____
B Flu? You look fine to me.
A I'm not. ³ _____
B OK. ⁴ _____
A Can you phone for me?
B Oh, all right ... How do you feel now?
A Much better, thanks. Let's go out!
- 11 **12B.4▶** Listen and check.
- 12 Say the conversation with a partner. Take turns to be A and B.