

Health idioms

1. Match the idioms to their meanings:

1. An apple a day keeps the doctor away. ____
2. In the pink of health. ____
3. As fit as a fiddle. ____
4. Burning the candle at both ends. ____
5. A taste of your own medicine. ____
6. The straw that broke the camel's back. ____
7. To be / to feel under the weather. ____
8. To run yourself ragged. ____
9. Have a frog in your throat. ____

- a) To be in excellent physical condition.
- b) To be feeling unwell or in poor health.
- c) Overworking and not getting enough rest, which can harm your health.
- d) Having a healthy diet can help prevent illness.
- e) The final, often minor, incident that causes a situation to become unbearable or unmanageable, usually related to stress or health.
- f) To have a hoarse or croaky voice, often due to a sore throat or a cold.
- g) To experience something that you have caused others to experience, often in a negative way.
- h) To be in very good health.
- i) To exhaust yourself through excessive physical or mental effort.

2. Put the idioms in the context.

1. After months of training, Sarah is now _____ and ready to run her first marathon.
2. I won't be able to make it to the meeting today; I'm _____ , and I don't want to spread germs.
3. I make sure to eat plenty of fruits and vegetables daily. You know what they say, _____ !
4. I can tell you _____ because your voice sounds hoarse. You should drink some tea with honey
5. Missing the bus this morning was _____. I can't take any more stress.
6. She's _____ with her new job, and I'm concerned about her health and well-being.
7. Despite his age, John is still _____, and he exercises regularly to maintain his fitness.
8. Lately, I _____ with work and late nights. I need to take better care of my health.
9. It's about time he experienced _____. He's always been so critical about others.