WORKSHEET

Date: 04/01/2025 Health problems	Teacher's feedbacks

<u>Task 1</u>: Four people are talking about health problems. Listen and check the correct information.

1. Patrick

What is the problem?	☐ a headache	☐ a stomachache
When did the problem start?	☐ this morning	☐ last night
Has he had this problem before?	☐ yes	☐ no
Has he taken anything for it?	☐ yes	☐ no
Has he seen a doctor for it	☐ yes	☐ no

2. Jenna

What is the problem?	☐ a sore arm	☐ a sore hand
When did the problem start?	☐ on Saturday	☐ on Sunday
Has he had this problem before?	☐ yes	☐ no
Has he taken anything for it?	☐ yes	☐ no
Has he seen a doctor for it	☐ yes	☐ no

LIVEWORKSHEETS

3. Kenneth

What is the problem?	☐ an eye infection	☐ an ear infection
When did the problem start?	☐ last week	☐ last weekend
Has he had this problem before?	☐ yes	☐ no
Has he taken anything for it?	☐ yes	☐ no
Has he seen a doctor for it	☐ yes	☐ no

4. Alexis

What is the problem?	☐ food poisoning	☐ a stomachache
When did the problem start?	☐ two days ago	☐ two weeks ago
Has he had this problem before?	☐ yes	☐ no
Has he taken anything for it?	☐ yes	☐ no
Has he seen a doctor for it	☐ yes	☐ no

<u>Task 2</u>: Listen again. What phrase completes each statement? Write the correct letter.

1. If he's not better, he can't go to .....

2. If she's not better, she won't be able to .....

3. He has to .....

4. She probably won't go to .....

a. play tennis.

b. play in a band.

c. his friend's concert.

d. her friend's party.

LIVEWORKSHEETS

Task 3: Read the text below and decide if the statements are *True* or *False*.

STRESS

Stress refers to a feeling of panic. It means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are numerous physical effects and symptoms of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can cause a person to breathe too fast. Stress can affect the stomach. It can cause stomachache and problems digesting food.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They feel tired all the time. When people are under stress, For example, a father under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous. it can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness,

It is obvious that stress is a serious problem. It affects the emotions and result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds.

LIVEWORKSHEETS

1. Stress is a feeling of calm and relaxation.
2. Too much stress can cause health problems with the body, feelings, and mind.
3. Stress can make the heart beat faster.
4. Stress can make a person breathe slower.
5. People with stress often feel tired and sad.
6. Stress can make people feel angry or moody.
7. A stressed father might yell at his child for a small mistake.
8. Stress can lead to mental health problems like depression.
9. Stress never affects the body.
10. Stress is not serious for the body or feelings.

LIVEWORKSHEETS