

IT'S VITAL TO CHOOSE WELLNESS

BY THE END OF THIS UNIT YOU WILL BE ABLE TO:

- Discuss common health problems.
- Give advice on common health problems.
- Ask for advice on common health products.
- Give suggestions on common health products.

LIVEWORKSHEETS

Lesson A:

Time to get some rest

Warm-up:

1. Typical Health Issues

			
A headache	A cough	An earache	A sore throat
			
Fever	The flu/ a cold	A toothache	A stomachache

2. Conversation

Ammy: Are you okay, Leo?

Leo: Not really. I'm feeling under the weather. I have a terrible headache.

Ammy: Oh no! You shouldn't be working on the computer then.

Leo: Yeah, I know. But I have to finish this project by tonight.

Ammy: Not now, Leo! It's really important to take a break and rest.

Leo: You're right. I should take it easy.

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Ammy: Exactly! And have you tried anything for your headache?

Leo: No, I haven't. What do you recommend?

Ammy: Well, you know, painkillers, lots of water. Sometimes it helps to drink some peppermint tea. Just brew some peppermint leaves and add a bit of honey. Give it a try! It really works!

Leo: Ugh! I don't know about that, but I'll try it.



Grammar: Adjective + Infinitive

Form

Adjective + Infinitive

Infinitive = to + verb

	
I am **happy to feel** better now.	He is **sad to have** a fever.

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3. Grammar: Noun + Infinitive

Form

Noun + Infinitive

	
She does **exercise** **to get** stronger.	He made an **appointment** **to see** a doctor

4. Grammar: Adjective + Infinitive; Noun + Infinitive

Don't forget

- Nouns followed by infinitives are used to express the function or purpose of something.
- Adjectives followed by infinitives are used to express feelings, emotions, or attitudes toward an action.

Infinitive = to + verb

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Exercises

a. Choose the correct adjective to complete each sentence:

• It is [important / unimportant] to exercise regularly for a healthy lifestyle.

• Eating a balanced diet is [difficult / easy] to maintain.

• Smoking is [hard / simple] to quit, but it is [essential/optional] to do so for your health.

• Getting enough sleep is [crucial / unnecessary] to allow your body to rest and recover.

• Drinking plenty of water is [vital / trivial] to stay hydrated and support bodily functions.

b. Choose the correct noun to complete each sentence:

• A [habit / choice] to eat more fruits and vegetables can improve your overall health.

• Developing a [routine / plan] to manage stress is beneficial for mental well-being.

• Regular [checkups / tests] to monitor your health are recommended by healthcare professionals.

• Practicing [meditation / exercise] to reduce anxiety and promote relaxation is a healthy habit.

• A [decision / action] to quit smoking can have a positive impact on your health and those around you.

Exercises

• How do you form the infinitive?

• What is the infinitive of the verb study?

• What is the infinitive of the verb go?

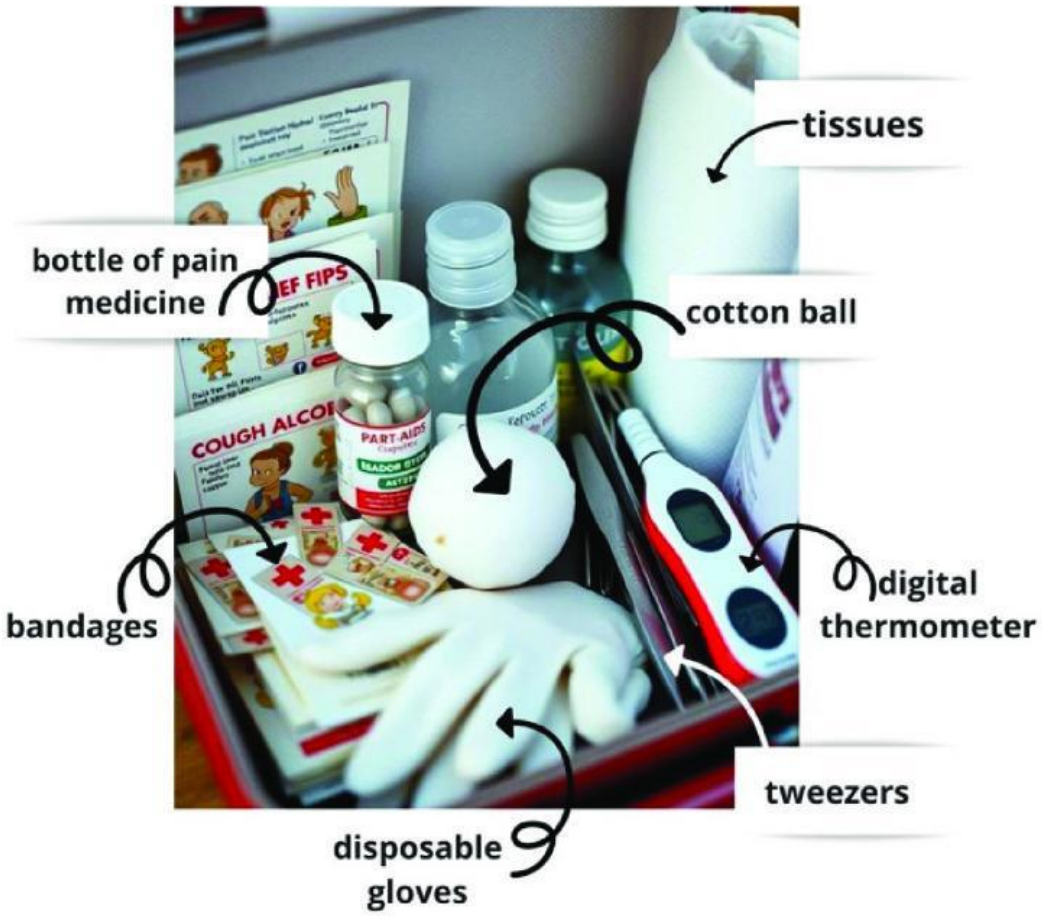
• Make a sentence using adjective + infinitive

• Make a sentence using noun + infinitive

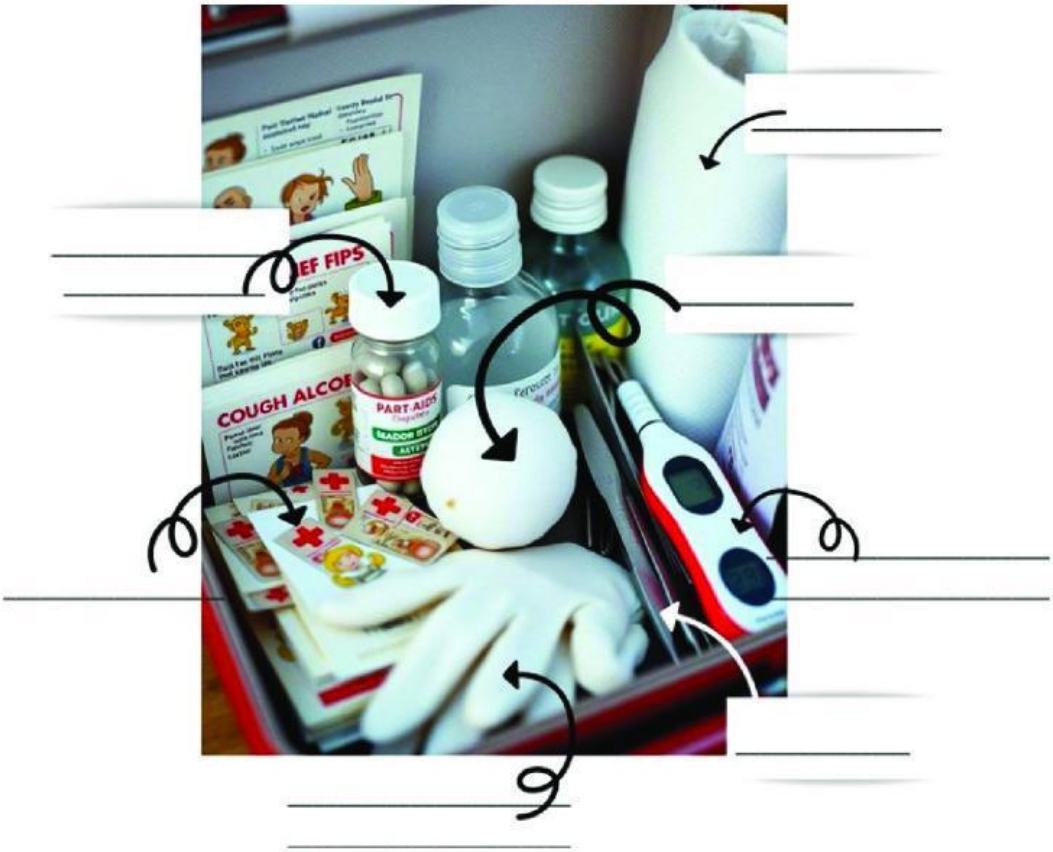


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5. Vocabulary



6. Practice Time



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Lesson B:

Do You Have Any Recommendations?

1. Conversation: At the doctor's office



Doctor:	Good afternoon. How can I help you today?
Sam:	Good afternoon, Doctor. I've been feeling really tired lately. Could you suggest anything?
Doctor:	It might be a good idea to take some multivitamins. Can I ask if you've been sleeping well?
Sam:	Not really. I often wake up in the middle of the night.
Doctor:	In that case, you may want to try some herbal sleep aids. They could help improve your sleep quality.
Sam:	That sounds good. I'll try them. Also, my daughter has been sneezing a lot. Could it be an allergy?
Doctor:	It could be. You can give her some antihistamines to relieve her symptoms.
Sam:	Thank you, Doctor! I appreciate your help.
Doctor:	You're welcome. May I suggest you follow up if the symptoms persist?
Sam:	Sure doc, thanks!

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Grammar

2. Modal Verbs: Can, Could and May (For request and Suggestions)

Can



Requests:

- Can you open the door?
- Can I help you?

Ability:

- I can play the guitar

Can: requests and ability
* informal

Could

Requests:

- Could I get a pill for my headache?
- Could I take a break?

Could: requests and suggestions
* + formal

Suggestions:

- You don't look good.
- You could take a nap.

May



Requests:

- May I get a pill for my headache?
- May I help you?
- May I go to the doctor?

May: requests
* ++ formal

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3. Complete the conversation: Choose the correct option

Tina: Hi! I don't feel well. Can/ Do help me?

Fred: Of course! What's wrong?

Tina: I have a headache and a sore throat. What can/ may I do?

Fred: You could/try drink some warm tea. That will help your throat.

Tina: That sounds good! May/ Can I have some warm tea, please?

Fred: Yes, sure! I'll make it for you!

Tina: Thank you! Could/May you also bring me some medicine?

Fred: Yeah! I can/ should do that. Please, rest after you drink the tea.

Tina: That's a good idea!. Could/ Do turn off the lights? They're too bright.

Fred: Of course! How do you feel now?

Tina: Better, thank you!

Fred: Anytime, take care!



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• **Choose the right answer**

What is the correct way to ask a friend for help with homework?

a) You help me with my homework this evening.

b) Can you help me with my homework this evening?

c) Could you help me with my homework this evening?

d) May you help me with my homework this evening?

What is the most polite way to ask for the salt at dinner?

a) Pass me the salt during dinner.

b) You pass me the salt during dinner.

c) Can you pass me the salt during dinner?

d) Could you please pass me the salt during dinner?

What is the most polite way to ask to borrow a book for a week?

a) I borrow your book for a week?

b) You may borrow my book for a week.

c) May I borrow your book for a week?

d) Can I borrow your book for a week?

4. Wrap-up:

1. What's the most informal modal we learnt?
2. What is the most formal modal we learnt?
3. When do we use "can"?
4. When do we use "could"?
5. When do we use "may"?
6. Make a request using "can"

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