

12 It's important to get rest.

- State health problems and give advice
- Ask for advice and give suggestions about health products

1 SNAPSHOT

Common Health Problems



☐ a headache



☐ a cough



☐ a cold



☐ the flu



☐ a stomachache



☐ a backache



☐ sore muscles



☐ insomnia

How many times have you been sick in the past year?
Check (✓) the health problems you have had recently.
What do you do for the health problems you checked?

2 CONVERSATION It really works!

A Listen and practice.



Mila: Are you all right, Keith?
Keith: Not really. I don't feel so well. I have a terrible cold.
Mila: Oh, that's too bad. You shouldn't be at the gym, then.
Keith: Yeah, I know. But I need to run for an hour every day.
Mila: Not today, Keith! It's really important to get some rest.
Keith: Yeah, you're right. I should be in bed.
Mila: Well, yeah! And have you taken anything for your cold?
Keith: No, I haven't. What should I take?
Mila: Well, you know, pain medicine, lots of water. Sometimes it's helpful to drink garlic tea. Just chop up some garlic and boil it for a few minutes, then add lemon and honey. Try it! It really works!
Keith: Yuck! That sounds awful!

B Listen to advice from Keith's next-door neighbors. What do they suggest?

LIVEWORKSHEETS

3 GRAMMAR FOCUS

Adjective + infinitive; noun + infinitive

What should you do for a cold?	It's **important**	**to get** some rest.
	It's sometimes **helpful**	**to drink** garlic tea.
	It's **a good idea**	**to take** some vitamin C.

GRAMMAR PLUS *see page 143*

A Look at these health problems. Choose several pieces of good advice for each problem.

Problems	Advice
1. a backache _____	**a.** drink lots of liquids
2. a bad headache _____	**b.** get some medicine
3. a burn _____	**c.** go to bed and rest
4. a cough _____	**d.** put it under cold water
5. a fever _____	**e.** put a heating pad on it
6. the flu _____	**f.** put some cream on it
7. a sore throat _____	**g.** see a dentist
8. a toothache _____	**h.** see a doctor
	i. take some pain medicine
	j. take some vitamin C


a sore throat


a fever


a toothache


a burn

B **GROUP WORK** Talk about the problems in part A and give advice. What other advice do you have?

A: What should you do for a backache?
B: It's a good idea to put a heating pad on it.
C: It's also important to see a doctor and . . .

C Write advice for these problems. (You will use this advice in Exercise 4.)

an earache **a cold** **a sunburn** **sore muscles**

For an earache, it's a good idea to . . .

4 PRONUNCIATION Reduction of *to*

A Listen and practice. In conversation, **to** is often reduced to /tə/.

A: What should you do for a toothache?
B: It's sometimes helpful **to** take some pain medicine. And it's important **to** see a dentist.

B **PAIR WORK** Look back at Exercise 3, part C. Ask for and give advice about each health problem. Pay attention to the pronunciation of **to**.

LIVEWORKSHEETS

5 INTERCHANGE 12 What should I do?

Play a board game. Go to Interchange 12 on page 127.

6 DISCUSSION Good advice

A **GROUP WORK** Imagine these situations are true for you. Get three suggestions for each one from your partners.

I sometimes feel really stressed.
I need to study, but I can't concentrate.
I feel sick before every exam.
I forget about half the new words I learn.
I get nervous when I speak English to foreigners.
I get really hungry before I go to bed.

A: I sometimes feel really stressed. What should I do?
B: It's a good idea to take a hot bath.
C: It's sometimes helpful to go for a walk.



B **CLASS ACTIVITY** Have any of the above situations happened to you recently? Share what you did with the class.

7 WORD POWER Containers

A Use the words in the list to complete these expressions. Then compare with a partner. Sometimes more than one answer is correct.

bag	jar
bottle	pack
box	stick
can	tube

1. a _____ of pain medicine
2. a _____ of bandages
3. a _____ of cough drops
4. a _____ of deodorant
5. a _____ of face cream
6. a _____ of shaving cream
7. a _____ of tissues
8. a _____ of toothpaste



B **PAIR WORK** What is one more thing you can buy in each of the containers above?

"You can buy a bag of breath mints."

C **PAIR WORK** What are the five most useful items in your medicine cabinet?

LIVEWORKSHEETS

8 CONVERSATION Can you suggest anything?

A Listen and practice.



Pharmacist Hi. May I help you?

Mr. Peters Yes, please. Could I have something for a backache? My muscles are really sore.

Pharmacist Well, it's a good idea to use a heating pad. And why don't you try this cream? It works really well.

Mr. Peters OK, I'll take one tube. Also, my wife has a bad cough. Can you suggest anything?

Pharmacist She should try these cough drops.

Mr. Peters Thanks! May I have a large bag? And what do you suggest for insomnia?

Pharmacist Well, you could get a box of chamomile tea. Is it for you?

Mr. Peters Yes, I can't sleep.

Pharmacist A sore back and your wife's bad cough? I think I know why you can't sleep!

B Listen to the pharmacist talk to the next customer. What does the customer want?

9 GRAMMAR FOCUS

Modal verbs *can, could,* and *may* for requests; suggestions

Can/May I help you?	What do you suggest/have for a backache?
Can I have a bag of cough drops?	You could try this new cream.
Could I have something for a cough?	You should get a heating pad.
May I have a bottle of pain medicine?	Why don't you try these pills?

GRAMMAR PLUS *see page 143*

Choose the correct words. Then compare and practice with a partner.

1. **A:** **Can** / **Could** I help you?
   B: What do you **suggest** / **try** for dry skin?
   A: Why don't you **suggest** / **try** this lotion? It's excellent.
   B: OK. I'll take it.
2. **A:** **May** / **Do** I have something for itchy eyes?
   B: Sure. You **could** / **may** try a bottle of eyedrops.
3. **A:** Could I **suggest** / **have** a box of bandages, please?
   B: Here you are.
   A: And what do you **suggest** / **try** for insomnia?
   B: You **should** / **may** try this herbal tea. It's very relaxing.
   A: OK. Thanks.



LIVEWORKSHEETS

10 LISTENING What's wrong?

Listen to four people talking about problems and giving advice. Write the problem and the advice.

	Problem	Advice
1. John		
2. Ashley		
3. Brandon		
4. Rachel		

11 ROLE PLAY Can I help you?

Student A: You are a customer in a drugstore. You need:

something for a backache
something for dry skin
something for the flu
something for low energy
something for sore feet
something for an upset stomach

Ask for some suggestions.

Student B: You are a pharmacist in a drugstore. A customer needs some things. Make some suggestions.

Change roles and try the role play again.



12 WRITING Reacting to a blog post

A Read this health and fitness blog post on how to avoid stress.

Home About Healthy living

Suggestions for a Relaxing Life

Tuesday, March 29 healthyandhappy

Can we avoid stress in our lives? What should we do to have a relaxing life? Everyone wants the answers to these questions. Well, we have a few suggestions:

- We should not work long hours or work on our days off.
- We should try to exercise three or four times a week.
- It's a good idea to buy only the things we really need.
- It's really important to have fun. Fun is the perfect remedy for stress!

B Now imagine you have your own blog. Write a post with your ideas on how to reduce stress and have a relaxing life. Think of an interesting name for your blog.

C **GROUP WORK** Exchange blog posts. Read your partners' blogs and write a suggestion at the bottom of each post. Then share the most interesting blog and suggestions with the class.

LIVEWORKSHEETS

13 READING

A Skim the article. Then check the best description of the article.

- ☐ The article gives the author's opinion about the subject.
- ☐ The article gives information and facts.
- ☐ The article tells a story about a scientist.

Toothache?

Visit the rain forest!



acmella oleracea

A Nobody likes having a toothache, and not many people enjoy visiting the dentist's office. Exciting new research suggests that there is a different way to treat a toothache – one that doesn't need an appointment with a dentist.

B Scientists say that a very rare red and yellow plant from the Amazon rain forest could stop a toothache. It's more powerful than taking pain medicine, and it's more effective than most treatments you get in the dentist's chair. The plant, named *acmella oleracea*, has been used as a remedy for toothaches by the Keshwa Lamas, a Peruvian community, for many years.

C Dr. Françoise Barbira Freedman is an anthropologist – a scientist who studies humans. She learned about the plant 30 years ago on a trip to Peru. One day, she got a terrible toothache. The people in the village where she was living gave her the remedy and her pain disappeared.

D Now this amazing plant has been made into a gel. Many tests show that it really helps with the pain of toothaches and even helps babies who are getting their first teeth. To thank the Keshwa Lamas for this remedy, there is a plan to give some of the money from the gel back to the community. So it's good news for everyone.

B Read the article. Then answer these questions. Write the letter of the paragraph where you find the answers.

1. _____ When did Dr. Freedman learn about the plant?
2. _____ What has the plant been made into?
3. _____ What is the plant's scientific name?
4. _____ Who gave Dr. Freedman the remedy?
5. _____ What will be given back to the Keshwa Lamas?
6. _____ Where can you find the plant?

C **GROUP WORK** What are some other reasons why rain forests are important?

LIVEWORKSHEETS