



Reading Comprehension Task: Health



PICTURE DICTIONARY



Relieve pain



Immediate help



Severe



Avoid



Treat
(cure a disease)



Fluid



Strengthen
(your body)



Instructions: Read the following text carefully and complete it with the words from the box to the right. After reading, answer the questions that follow.



When you feel unwell, it is important to take care of your health. If you are a _____ with a fever, pain, or an _____, you should visit a _____. A doctor can help you understand if you have a disease or if you are just getting _____ with a cold or the _____.



If you have symptoms like a _____ throat, a _____ nose, or a headache, you might be getting _____. You can take some _____ or a tablet to feel better. Sometimes, you may need an _____ if the doctor thinks it is necessary.



If you have a stomachache or a toothache, you should see a _____ or go to the _____ for over-the-counter drugs that can help relieve your pain. If your symptoms are severe, you must call the _____ for immediate help.



Nurses play an important role in _____, helping patients feel comfortable and healthy. They can give you advice on how to stay _____ and avoid getting ill in the future. Remember, it is better to prevent getting sick than to treat it later.



If you do catch a _____, make sure to rest and drink plenty of fluids to help you get well. You should also eat healthy foods to strengthen your immune system and avoid unhealthy habits that can make you more likely to get _____.

WORD BOX

- Dentist
- Pharmacy
- Hospitals
- Flu
- Doctor
- Sick
- Cold
- Healthy
- Ambulance
- Patient
- Injection
- Medicine
- Ill
- Runny
- Sore
- Ache



QUESTIONS

- 1 What should you do if you have a fever and pain?
- 2 Who can help you if you have a toothache?
- 3 What must you do if your symptoms are severe?

- 4 What can you take if you have a headache?
- 5 Why is it important to eat healthy foods?
- 6 If you catch a cold, what should you do to help yourself get well?

