

AILMENTS & GIVING ADVICE

🎯 **Learning objective:** Give simple advice about common ailments using affirmative and negative infinitives.

PART 1 | GIVING ADVICE

GRAMMAR NOTE • Adjective + infinitive / noun + infinitive

Question: What should you do for a cold?

EXPRESSION	EXAMPLE
It's important	to get a lot of rest.
It's sometimes helpful	to drink warm liquids.
It's a good idea	to see a doctor if you feel very sick.

REMEMBER It's + expression + to + base verb.

A. Complete the sentences with the correct form of the verb in parentheses.

1. It's important **to** _____ (rest) when you have a cold.
2. It's sometimes helpful **to** _____ (drink) warm liquids.
3. It's a good idea **to** _____ (see) a dentist if you have a toothache.

PART 2 | ANY SUGGESTIONS?

CHOOSE THE BEST OPTION • THEN WRITE A COMPLETE SENTENCE

Instructions: Read each ailment, choose the best suggestion (A, B, or C), and write a complete sentence using one expression from Part 1.

Useful expressions: It's important to... • It's sometimes helpful to... • It's a good idea to...

1. A BACKACHE

What should you do for backache?

- A. See a dentist. B. Use a heating pad. C. Use eye drops.

My answer (A, B, or C): My advice:

2. A COLD

What should you do if you have a cold?

- A. Use eye drops. B. Rest and get enough sleep. C. Take an antacid.

My answer (A, B, or C): **My advice:**

3. A HEADACHE

What should you do for a headache?

- A. Use nasal spray. B. Take cough syrup. C. Rest in a quiet place.

My answer (A, B, or C): **My advice:**

4. A COUGH

What should you do if you have a cough?

- A. Drink warm liquids. B. Use eye drops. C. See a dentist.

My answer (A, B, or C): **My advice:**

5. A TOOTHACHE

What should you do for a toothache?

- A. Use nasal spray. B. See a dentist. C. Take an antacid.

My answer (A, B, or C): **My advice:**

6. IRRITATED EYES

What should you do if your eyes are irritated?

- A. Use eye drops as directed. B. Take cough syrup. C. Use a heating pad on your back.

My answer (A, B, or C): **My advice:**

PART 3 | NEGATIVE INFINITIVES

GRAMMAR NOTE • Giving advice about things to avoid

Look at the model. We can give advice about things people should avoid.

PROBLEM	ADVICE	NEGATIVE INFINITIVE
For the flu,	don't exercise a lot.	For the flu, it's a good idea not to exercise a lot.

REMEMBER It's + expression + **not to** + base verb.

Instructions: Read each problem and advice. Complete the sentence using not to + verb. Choose any expression from the box.

It's important not to... • It's sometimes helpful not to... • It's a good idea not to...

1. FOR A TOOTHACHE

Advice: Don't eat very cold foods if they make your tooth hurt.

It's _____ not to _____.

2. FOR THE FLU

Advice: Don't exercise a lot when you feel very sick.

It's _____ not to _____.

3. FOR INSOMNIA

Advice: Don't drink coffee before bedtime.

It's _____ not to _____.

4. FOR A STOMACHACHE

Advice: Don't eat a lot of greasy food if it makes your symptoms worse.

It's _____.

5. FOR A SORE THROAT

Advice: Don't smoke cigarettes.

It's _____.

6. FOR A BACKACHE

Advice: Don't lift heavy objects if they make the pain worse.

It's _____.

Part 1

1. rest • 2. drink • 3. see

Part 2

1. B • 2. B • 3. C • 4. A • 5. B • 6. A

Possible sentences (students may use any suitable expression):

- 1. It's sometimes helpful to use a heating pad.
- 2. It's a good idea to rest and get enough sleep.
- 3. It's important to rest in a quiet place.
- 4. It's sometimes helpful to drink warm liquids.
- 5. It's important to see a dentist.
- 6. It's a good idea to use eye drops as directed.

Part 3 — Possible answers

- 1. It's important not to eat very cold foods if they make your tooth hurt.
- 2. It's a good idea not to exercise a lot when you feel very sick.
- 3. It's sometimes helpful not to drink coffee before bedtime.
- 4. It's a good idea not to eat a lot of greasy food if it makes your symptoms worse.
- 5. It's important not to smoke cigarettes.
- 6. It's sometimes helpful not to lift heavy objects if they make the pain worse.

Teacher note: Examples are for English-language practice, not medical instructions. Accept other grammatically correct and contextually reasonable answers.