

Health, medicine and exercise

Vocabulary 1

Complete the statements with the words in the box.

ambulance	beats	break	dangerous	doctors	fit
heart	injury	medicine	rest	rugby	sick

1. If your is healthy, it usually around 70 times per minute.
2. According to, you should exercise for an hour a day to keep
3. Horse-riding is a more sport than or football.
4. If you your arm, you should call an to take you to hospital immediately.
5. If you feel after eating something, you should go to a pharmacy to get some
6. If an is painful, you should always the part of your body that's hurt.

Use a word from the box to complete the sentences below.

Vocabulary 2

diet	blood	patient	temperature
prescription	gym	rest	stress

1. I go to the three times a week to do some exercise.
2. It's important to avoid having lots of in your life if you can.
3. My doctor gave me a and the medicine's making me feel better already.
4. It's amazing how much doctors can find out just by testing a bit of your
5. I've improved my and now eat things which are much healthier.
6. In my country, doctors only spend about ten minutes with each
7. I don't feel well – I've got a high and a headache.
8. The doctor told me to get plenty of and to drink lots of water.

1 Regular is important to detect any health issues early.

2 High blood can lead to serious health complications.

3 A proper diet ensures efficient in the body.

4 He required to improve his lung function.

5 It's crucial to boost your to prevent illnesses.

6 Certain foods can trigger an in some individuals.

7 The spread of diseases can be controlled with good hygiene.

8 A diagnosis of requires careful lifestyle management.

9 of key vitamins can lead to health issues.

10 A proper with the doctor can clarify treatment options.

Vocabulary 3

Vocabulary 4

Read the words in the box carefully and then match them with the pictures below:

gums filling pull a tooth out cavity/decay false teeth toothache
floss braces rinse spit injection x-ray



Complete the sentences: After understanding the words above, use them to complete these sentences.

1. My teeth were not straight, so I wore _____ for two years.
2. My grandmother doesn't have natural teeth anymore. Now she wears _____.
3. Helen's tooth was so bad as she had chipped or cracked teeth, and worn-down tooth structure. Thus, the dentist had to do tooth _____.
4. Before pulling a tooth out, the dentist will give you an _____.
5. During your treatment, the dentist will ask you to _____ & _____ a few times.
6. It is important to have pink healthy _____.
7. Last night, I had _____, so I made an appointment to see my dentist.
8. All dentists say we should both brush and _____ our teeth every day.

Complete the sentences using a word from the box for each blank.

ALLEVIATE - ANTIBIOTICS - BLOOD - BREAKDOWN - CARE - CONSCIOUSNESS - CURE -
DISCHARGED - FLU - ILLNESSES - INFECTIOUS - MIGRAINE - PERFORM -
PRESCRIPTION - RECOVERY - RESPOND - RUNNY - THROUGH - UPSET - WEAR

1. The Red Cross has urged the population to give _____ whenever possible.
2. Dr Jones was the best surgeon able to _____ such a difficult operation.
3. If you're on _____ you shouldn't drink any alcohol.
4. Take aspirin three times a day. It will help _____ the pain.
5. After being treated for over three weeks, he was _____ from hospital yesterday.
6. Doctors in developing countries often don't have enough supplies to treat severe _____.
7. The patient hasn't regained _____ yet, so we'll have to wait and see what happens next.
8. Everyone in the family has gone down with the _____.
9. The injury was pretty bad, but the doctors expect him to make a full _____.
10. Many patients don't _____ to such an aggressive treatment.
11. The disease was highly _____, so they put everyone into quarantine.
12. When the painkillers start to _____ off, you'll feel soreness back.
13. This is the second nervous _____ she's had this year.
14. Dad got an _____ stomach because he probably ate some spoilt food.
15. Up to now, research hasn't found a _____ for the disease.
16. I got the _____ from my doctor, so I went to the next pharmacy to get the pills.
17. She's only got a _____ nose and a sore throat, otherwise she's OK.
18. Her situation was so critical that she had to spend a few days in intensive _____.
19. She suffers from _____, especially when the weather changes a lot.
20. Although the patient is still in critical condition the doctors expect him to pull _____.

READING 1

Access to healthcare is one of the most important issues in modern society. In countries with universal healthcare systems, every citizen can see a doctor without worrying about the cost. However, the quality and availability of medical services can vary greatly depending on where a person lives.

One major challenge facing healthcare today is the rise in chronic diseases — conditions such as diabetes, heart disease, and obesity that develop over time. These illnesses are often linked to lifestyle choices including diet, exercise, and stress levels. As a result, governments and health organisations are placing greater emphasis on prevention rather than just treating illness after it occurs.

The development of new medical technology has transformed patient care in remarkable ways. Advances in diagnostic imaging, robotic surgery, and personalised medicine mean that doctors can diagnose and treat conditions more accurately than ever before. Telemedicine — the use of video calls and digital tools to consult with doctors remotely — has also expanded access to care, particularly in rural or underserved areas.

Despite these advances, healthcare systems around the world still face significant pressures. Ageing populations, rising treatment costs, and shortages of trained medical professionals are creating difficult challenges for governments to manage. Mental health services, in particular, have historically been underfunded compared to physical health services, though awareness and investment are slowly improving.

The key to a sustainable healthcare system lies in a combination of strong prevention programmes, equitable access to services, and continued investment in training and technology.

QUESTIONS

- 1) In countries with universal healthcare, citizens must pay to see a doctor.
→ True / False
- 2) Telemedicine has been particularly useful in rural and underserved areas.
→ True / False

3)

What are "chronic diseases" according to the text?

Diseases caught from other people

Conditions that develop very suddenly

Long-term conditions like diabetes or heart disease

Diseases that only affect older people

4)

What shift in healthcare does the article describe?

From surgery to medication

From treatment to prevention

From hospitals to clinics

From private to public care

5)

According to the article, which has historically received less funding?

Cancer treatment

Mental health services

Robotic surgery

Rural healthcare

6)

What does the article say is key to a sustainable healthcare system?

Privatising all services

Reducing the number of doctors

Prevention, equal access, and investment

Building more hospitals in cities

READING 2

The School Healthy Menu

When our school headteacher announced that the cafeteria menu was changing, nobody was particularly excited. For years, students had enjoyed eating burgers, pizza, and chips for lunch. However, the school decided that we needed to eat more nutritious meals, so they replaced all our favourite fast food with fresh salads, soups, and dishes made from vegetables. I was quite annoyed because Friday pizza day was always the highlight of my week.

The reaction from the students was completely negative. A group of older teenagers even organised a protest, telling everyone to refuse to buy anything from the cafeteria. Most people agreed, and for the first few weeks, the dining hall was almost empty. Instead of buying the new healthy options, my friends and I brought sandwiches and crisps from home. We were determined to show the school that we wouldn't accept this new menu without a fight.

Then, one Tuesday, I woke up late and completely forgot to pack my lunch. By the time the bell rang for the lunch break, I was absolutely starving. I had no choice but to go to the cafeteria. I looked at the menu and unhappily bought a bowl of quinoa with roasted vegetables and chicken. I carried it back to my table, expecting it to taste completely flat and boring. My friends looked at me with pity as I sat down.

To my surprise, the first bite was absolutely delicious! The vegetables were perfectly cooked, and it came with a really tasty lemon sauce. Even better, I noticed a huge difference in how my body felt later that day. Normally, after eating a heavy burger and chips, I would feel incredibly tired and lazy during my afternoon maths lesson. But after eating the quinoa bowl, I had plenty of energy and could actually concentrate on what the teacher was saying.

Since that day, I have become a regular visitor to the cafeteria again. It took some time, but I have slowly persuaded most of my friends to try the new meals too. The school protest is officially over, and people have realised that healthy food doesn't have to be terrible. If the school keeps making such great food, I think we will all be much happier and healthier.

QUESTIONS

- 1 Why was the writer annoyed at the beginning of the text?
 - (A) The cafeteria was closed on Fridays.
 - (B) The school stopped serving the meals he looked forward to.
 - (C) He had to start cooking his own healthy food at home.
 - (D) The headteacher forced the students to eat vegetables.

- 2 What did the students do to show they disliked the new menu?
 - (A) They stopped eating food completely during the school day.
 - (B) They demanded that the school lower the prices of salads.
 - (C) They avoided the dining hall and brought their own food.
 - (D) They threw away the healthy meals they were given.

- 3 Why did the writer buy the quinoa bowl?
 - (A) He wanted to prove to his friends that it tasted boring.
 - (B) He decided it was time to stop joining the school protest.
 - (C) He woke up early and wanted a quick meal before class.
 - (D) He had no other food to eat and was very hungry.

- 4 How did the new meal affect the writer in the afternoon?
 - (A) It helped him stay awake and focus better in class.
 - (B) It made him feel much heavier than a burger would.
 - (C) It caused him to feel quite lazy during his maths lesson.
 - (D) It made him realise he wanted to eat more lemon sauce.

- 5 What would the writer text to a friend about the school cafeteria?
 - (A) I can't believe the school changed our menu. I'm going to keep bringing crisps from home until they bring back pizza!
 - (B) The healthy meals are quite good, but they still make me feel so tired in the afternoon.

(C) I didn't want to try the new food, but it's actually really tasty and makes me feel great! You should get a bowl.

(D) The quinoa bowl was delicious, but my friends are still angry with me for going to the dining hall.

READING 3

The unhealthiest places in the world

According to a study by Clinic Compare, the unhealthiest country in the world is the Czech Republic. The study, which compared data on alcohol, tobacco consumption, and obesity in 179 countries, found that Czech Republic residents are among the world's heaviest drinkers. Indeed, nine of the ten unhealthiest countries are located in Eastern Europe, where smoking is more common than in the rest of the world and is increasing among teenagers. The only one outside this region was the USA, where 36 per cent of the population are obese. Obesity levels are lower in the Czech Republic but are the highest in Europe.

The study must be taken with a pinch of salt, however. According to the rankings, the healthiest country in the world is Afghanistan due to its low obesity and alcohol consumption. In second and third place are Guinea and Niger. But that doesn't make them healthy places to live. Indeed, four countries listed among Clinic Compare's top ten healthiest countries, Guinea, DR Congo, Malawi and Mozambique, were among the least healthy nations in another study, the Global Competitiveness Index.

High consumption of alcohol, tobacco and food are diseases of affluence; that is, they are common in wealthy countries. However, many countries, especially in Africa, are still struggling with diseases of poverty. For example, the average life expectancy in DR Congo is just 53 years old. Here, many people die from diseases which could be treated in other countries. In Malawi, tuberculosis and HIV are common. These countries lack basic medical facilities and trained doctors. In Mozambique, where 30% of people cannot access health services, lack of nutrients in the diet is a far more common medical problem than overeating.

Moreover, Nepal, listed by Clinic Compare as the fourth healthiest country, is the tenth most polluted country and Afghanistan the fourteenth. Air pollution is a killer, with 7 million people dying worldwide each year from diseases associated with it. It is not just vehicle fumes and industries which are the problem. Around 2.4 billion people worldwide are exposed to dangerous levels of household air pollution while cooking on fires or stoves fuelled by kerosene, wood, dung and coal.

According to a different study, which measured factors such as the cost of staying healthy, life expectancy, air pollution, obesity, sunlight hours and crime rate, the healthiest country is Spain. This is most likely due to its traditionally healthy diet, clean air, the number of people walking to work (37%), and free healthcare. Interestingly, another study, the Global Health Security Index, ranks the USA as the healthiest nation. This was because its high standards in research, safety and communication allow it to detect and respond to pandemics the most effectively. This contrasts with the Clinic Compare survey, which ranked it the tenth unhealthiest country, primarily because of its high obesity rate.

The countries with the highest levels of obesity, however, are in the Pacific islands. In countries such as Nauru, Tuvalu and Palau, over half the population is obese. This is a relatively new trend, as, before the 1950s, locals consumed a traditional diet that included bananas, coconuts, yams and seafood. Since then, incomes have increased, making imported convenience foods more affordable. This new scenario causes people to make poor food choices despite the availability of healthier, locally-grown options. In many regions of the USA, healthy choices just aren't available, or they are too expensive. In addition, this country's driving culture means that many people don't get enough exercise.

QUESTIONS

1 Residents of the Czech Republic...

- A. consume more alcohol than any other country in the world.
- B. have the highest combined rates of smoking, obesity and drinking alcohol.
- C. smoke more than any other country in Eastern Europe.
- D. are more obese than people in both the USA and the rest of Europe.

2 The writer of this article thinks that the Clinic Compare study...

- A. accurately identified the healthiest and least healthy nations.
- B. did not include enough countries in its study.
- C. failed to identify the healthiest countries accurately.
- D. is inaccurate because health issues have changed since the study.

3 According to the article,

- A. there is more malnutrition than obesity in Mozambique.
- B. there are more diseases of affluence in DR Congo than in the USA.
- C. life expectancy in DR Congo is the lowest in the world.
- D. access to medical facilities and doctors in Malawi is gradually rising.

4 The text indicates that...

- A. Nepal has more pollution from vehicles and industries than Afghanistan.
- B. Fewer people die as a result of air pollution in Nepal than in Afghanistan.
- C. 2.4 billion people are currently suffering from diseases associated with air pollution.
- D. People put their health at risk when cooking on kerosene, wood, dung and coal.

5 According to the text, the USA is higher than Spain with regards to...

- A. the number of people who walk to work.
- B. the amount of air pollution
- C. the affordability of its health care.
- D. its ability to respond to disease outbreaks.

6 According to the text, what is the reason for high obesity rates in the Pacific Islands?

- A. The traditional diet is high in fat.
- B. People prefer to buy imported food.
- C. Fresh food is no longer grown locally.
- D. People do not get enough exercise.