

VOCABULARY

1 Work in pairs. Discuss the questions.

- 1 In what different ways can people stay healthy? Which things are most important do you think?
- 2 In what ways is it easier or more difficult to be healthy than it was in the past?

Healthy eating

2 Complete the text with the adjectives from the box.

carbonated fresh lean low oily semi-skimmed
starchy sugary unsaturated wholegrain

SIX WAYS TO
eat smarter

- 1 _____ foods like bread, pasta and rice should make up half your diet. They are your body's main source of energy and fibre. Choose _____ instead of white rice.
- 2 Eat five portions of frozen or _____ fruit and vegetables every day. They're packed with vitamins and minerals and are _____ in calories.
- 3 Have _____ foods and drinks like jam, sweets and cola in moderation. They're high in calories and can make your teeth rot. Not a pretty sight.
- 4 Drink still mineral water. _____ water is higher in sodium than still water, and too much sodium is bad for your heart.
- 5 Eat _____ meat, fish, poultry and eggs as they are good sources of protein, which help your body rebuild itself.
- 6 Limit your intake of fatty foods. Choose _____ fat, which is healthier and can be found in vegetable oil, _____ fish, such as mackerel and salmon, and margarine. Swap whole milk for _____ alternatives.

3 Read the text in exercise 2 again. Evaluate your own diet. Give yourself a point if you follow the advice in each paragraph (1–6). What's your healthy diet score?

My healthy diet score: _____



4 Choose the correct word to complete the questions.

- 1 Do you usually check the information about the *nutritional/culinary* content of the foods you buy?
- 2 Do you make an effort to avoid foods with too many *preservatives/conservatives*?
- 3 Does your family usually eat *ready/fast* meals at home or cook using fresh *materials/ingredients*?
- 4 Do you have a sweet *mouth/tooth*? What kind of desserts do you like?
- 5 Have you tried *giving up/cutting down* on the amount of sugary snacks you eat?
- 6 Do you know anyone who has tried *having/going on* a diet to lose weight? Did they succeed?

5 Work in pairs. Ask and answer the questions in exercise 4.

6 Work in pairs. Consider your healthy diet score in exercise 3 and your answers in exercise 5. Whose diet is healthier? What do you need to do to improve your eating habits?

Symptoms and illnesses

7 Match the adjectives from the box with the words and phrases (1–8) to make symptoms of common illnesses.

abdominal high high/low itchy splitting
sudden swollen upset

- | | |
|---------------------|------------------------|
| 1 _____ fever | 5 _____ blood pressure |
| 2 _____ tonsils | 6 _____ rash |
| 3 _____ weight loss | 7 _____ stomach |
| 4 _____ headache | 8 _____ pain |

8 Complete the sentences (1–8) with the phrases from exercise 7.

- 1 Hannah's _____ might be a sign of an eating disorder. She's just a shadow of her former self!
- 2 Please be quiet! I cannot bear any noise today. I have a _____.

- 3 Let me have a look at your throat. Yes, you've certainly got _____. You'll need some antibiotics.
- 4 The food at that new restaurant has given me a(n) _____. I'm not going there again!
- 5 Whenever I eat chocolate, I come out in an incredibly _____ all over my body.
- 6 _____ can be a sign of a serious disease, such as appendicitis or a stomach ulcer.
- 7 I have _____. Today it dropped to 90 over 60 and I felt dizzy.
- 8 A very _____, with a temperature of 39.5°C and above, can be a sign of a dangerous infection.

Healthcare

9 Choose the correct word from the pair of given words to complete sentences a and b.

- 1 *A&E (Accident and Emergency)/Day surgery*
 - a _____ treats patients who don't require an overnight hospital stay.
 - b _____ treats all kinds of injuries or illnesses that require immediate attention.
- 2 *Consultants/Family doctors*
 - a _____ are trained in general medicine and work in the community.
 - b _____ are hospital doctors who are specialists in a particular area of medicine.
- 3 *Health insurance/Public healthcare*
 - a _____ is a scheme where people have their medical costs paid for by the government.
 - b _____ is an arrangement in which you make regular payments to cover the cost of your own medical care.

10 Complete the sentences (1–6) with words from the box.

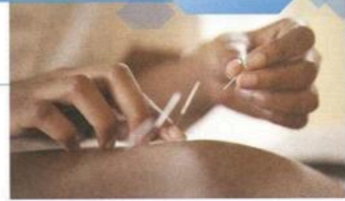
negligence records second visiting waiting wards

- 1 _____ hours in a hospital should be restricted to two hours a day.
- 2 It is often necessary to get a(n) _____ opinion from a different doctor in another hospital.
- 3 A patient's medical _____ must be kept secret, even from their immediate family.
- 4 Accepting payment to put a patient onto a hospital _____ list is a serious crime.
- 5 Doctors guilty of medical _____ shouldn't be allowed to continue practising.
- 6 If people don't want to share hospital _____ with other patients, they should be asked to pay extra.

11 Work in pairs. Do you agree or disagree with the statements in exercise 10? Why?

Alternative therapies

12 Match the types of alternative health therapies (1–6) with their definitions (a–f).



- | | | | |
|----------------|-------|-----------------|-------|
| 1 acupuncture | _____ | 4 homeopathy | _____ |
| 2 massage | _____ | 5 chiropractic | _____ |
| 3 aromatherapy | _____ | 6 balneotherapy | _____ |
- a using water from mineral springs
 - b manipulating joints and the spine to align them properly
 - c using very small doses of the same natural substances that would cause the complaint
 - d rubbing or pressing muscles and joints to relieve tension or pain
 - e using plant extracts and essential oils for healing
 - f inserting fine needles into the skin to improve the balance of energy in the body

13 Work in pairs. Which of the therapies in exercise 12 do you think are effective? Which are not? Why?

Addictions

14 What is the word or phrase for a person addicted to the following things?

- 1 work w _____
- 2 buying things s _____
- 3 taking drugs d _____ a _____
- 4 drinking alcohol a _____
- 5 playing computer games g _____ a _____
- 6 having an abnormal diet e _____ d _____

15 Work in pairs. Which addictions in exercise 14 are most threatening for young people? Why?

16 Work in pairs. Discuss the questions.

- 1 What would you change about your lifestyle to make it healthier?
- 2 How often do you visit your family doctor? What kind of complaints could he or she help you with?

- 3 Why do you think some people only believe in modern medicine, and others only in alternative therapies?
- 4 What do you think should be done to help prevent young people from becoming addicted to certain things, such as computer games?