overweight

addict

painkiller

to prevent

to occur

to treat

weak

exhausted

pale

to phone in sick

to calm down

to be under the weather

To miss classes because of illness

To take the day off sick

To suffer from … disease

Vocabulary Practice - Health

**🟩 Task 1: Match the words with their definitions**

**Instructions:** Match the vocabulary items on the left with the correct definitions on the right.

| **Vocabulary** | **Definitions** |
| --- | --- |
| 1. overweight | A. Not feeling well, slightly ill |
| 2. addict | B. A medicine used to relieve pain |
| 3. painkiller | C. A person who is dependent on a substance or activity |
| 4. to treat | D. Too heavy for a healthy body weight |
| 5. to occur | E. To make someone feel more relaxed and less worried |
| 6. weak | F. To manage a medical condition with medicine or therapy |
| 7. exhausted | G. Happening or taking place |
| 8. pale | H. Extremely tired |
| 9. to calm down | I. Having less colour than usual, especially because of illness |
| 10. to be under the weather | J. To help someone relax after stress |

**Task 2**

**Task 2: Insert the correct word or expression above.**

1. If you have a high fever, it's better \_\_\_\_\_\_\_\_\_\_\_\_\_ than to spread germs.

2. He \_\_\_\_\_\_\_\_\_\_\_\_\_ a rare genetic disease that requires regular treatment.

3. Many students \_\_\_\_\_\_\_\_\_\_\_\_\_ during flu season.

4. To stay healthy, you should wash your hands often to \_\_\_\_\_\_\_\_\_\_\_\_\_ infection.

5. I had a migraine, so I had \_\_\_\_\_\_\_\_\_\_\_\_\_ yesterday.

6. She always tries \_\_\_\_\_\_\_\_\_\_\_\_\_ getting colds by taking vitamins.

7. The doctor advised him \_\_\_\_\_\_\_\_\_\_\_\_\_ work after the surgery.

8. Because of the flu, I \_\_\_\_\_\_\_\_\_\_\_\_\_ for almost a week.

9. He \_\_\_\_\_\_\_\_\_\_\_\_\_ asthma since childhood.

10. The company allows employees \_\_\_\_\_\_\_\_\_\_\_\_\_ when they feel unwell.

**Task 3**

**Task 3: Complete the sentences with your own ideas.**

1. After staying up all night studying, I felt completely \_\_\_\_\_\_\_\_\_\_\_\_\_.

2. You could tell she was ill because her face looked so \_\_\_\_\_\_\_\_\_\_\_\_\_.

3. He became a video game \_\_\_\_\_\_\_\_\_\_\_\_\_ and started skipping meals.

4. Eating junk food all the time can make you \_\_\_\_\_\_\_\_\_\_\_\_\_.

5. The patient was too \_\_\_\_\_\_\_\_\_\_\_\_\_ to walk without help.

6. She felt \_\_\_\_\_\_\_\_\_\_\_\_\_ after running the marathon.

7. The child looked \_\_\_\_\_\_\_\_\_\_\_\_\_ and needed rest.

8. He used to be \_\_\_\_\_\_\_\_\_\_\_\_\_, but now he exercises daily.

9. I'm not a coffee \_\_\_\_\_\_\_\_\_\_\_\_\_, but I drink it occasionally.

10. They were completely \_\_\_\_\_\_\_\_\_\_\_\_\_ after the long journey.