

Topic: Health Problems

Checking of the hometasks

Listening Comprehension (Speak up)

Discussion: Ex. 1a

Presentation and drilling of new vocabulary (Illnesses)

Baamboozle Game (2 teams)

Speaking activity “Seeing the doctor”

Homework: learn new words, create riddles on different illnesses, Syvak, Kovalchuk p. 97-99 Ex 1-5, ex 8 p. 100

Resources: Speak out Pre-intermediate, <https://www.baamboozle.com/> , <https://www.englishworksheets.com/>

PRE-INTERMEDIATE UNIT 6

1 OVERVIEW: Watch the video. Do you do similar things to keep fit and healthy?

2 Read Finn's text and complete it with phrases a–f. Then watch the video from 0:11–0:27 and check your answers.

Often it's ¹*hard to find* a time to exercise ²_____ a full-time job. Lots of my friends ³_____ but I ⁴_____ running outside ⁵_____. How about you? What ⁶_____ to keep fit?

- a) belong to gyms
- b) *hard to find* 1
- c) to keep fit
- d) do you do
- e) prefer to go
- f) when you have

Glossary: *keep fit* = do exercise to be healthy and strong

3 Look at the people in the pictures and read the sentences. Two sentences are true and one is false. Then watch the video from 0:28–3:15. Tick (✓) the true sentences and cross (✗) the false one. Watch the video again if necessary.



- 1 She works full time.
- 2 She'd like to learn to play tennis properly.
- 3 She doesn't eat much chocolate.



- 1 He walks a lot.
- 2 He's joined a rowing club.
- 3 He eats a lot of healthy food.



- 1 She works outside.
- 2 She'd like to start dancing again.
- 3 She never eats fast food.

4 *What do they do to keep fit?* Watch the video from 0:28–1:40 and number sentences a–f in the order you hear them, 1–6.

- a) And I go to the gym more or less three to four times a week.
- b) I dance, and I do yoga and I just try to be as active as possible.
- c) I go to the gym quite regularly.
- d) I can spend eight or 12 hours doing foot patrol, walking round the streets of London.
- e) The main thing I do is I practise yoga.
- f) I do try to keep fit – going to the gym, yoga classes, pilates classes.

Glossary: *foot patrol* = police officers walking around to protect people in the streets

5 What other things would they like to do to keep fit? Look at the people below and read their answers. Then watch the video and match the people to the correct answers.

Glossary: *swing dancing* = 1940s jazz dancing
rock climb = the sport of climbing mountains/rocks



- 1 She'd like to learn rock climbing.
- 2 Swing dancing because it's a good way to meet people.
- 3 He'd like to play a team sport, like hockey.
- 4 He'd like to start rowing but it's too expensive and he doesn't have time to do it.
- 5 She'd like to play tennis properly.

C

6 Do they do anything that isn't very healthy? Look at the people in Exercise 5 again and read the two sentences about each of them below. One sentence is true and the other is false. Watch the video from 2:29–3:16 and tick the true sentences.

- | | | |
|----------|--|-------------------------------------|
| A | 1 He likes eating cheese. | <input checked="" type="checkbox"/> |
| | 2 He loves desserts. | <input type="checkbox"/> |
| B | 1 She thinks she eats too much chocolate. | <input type="checkbox"/> |
| | 2 She loves chocolate but doesn't eat it much. | <input type="checkbox"/> |
| C | 1 She's quite unhealthy. | <input type="checkbox"/> |
| | 2 She doesn't eat meat or drink coffee. | <input type="checkbox"/> |
| D | 1 He likes making cakes. | <input type="checkbox"/> |
| | 2 He doesn't eat unhealthy food. | <input type="checkbox"/> |
| E | 1 She doesn't drink much water. | <input type="checkbox"/> |
| | 2 She eats a lot of fast food. | <input type="checkbox"/> |

Glossary: *shift work* = to work different hours every week

7 THE WAY WE SPEAK: Look at the people below and read what they say. Then watch the video from 0:28–2:29. Complete the sentences with the words in the box.



- 1 And I *also* watch what I eat.
- 2 I have quite a *hectic lifestyle* as a musician but I do try to _____ fit.
- 3 I really enjoy, sort of, the _____ aspect of sport. Particularly I think I'd like to *get into* hockey.
- 4 I have a bit of a *sweet tooth*. I love _____ and I love to eat sweet things.
- 5 When I was at university, I got quite *into* swing dancing, which is very like jive, 1940s jazz _____.
- 6 I'd quite like to *take that up* again because it's an easy way of _____ fit.

also team dessert keep dancing keeping

8 VOCABULARY: Look at the words/phrases in *italics* in Exercise 7. Match them to definitions a–e.

- | | |
|--|-----------------------|
| a) start doing | <u>take (that) up</u> |
| b) like eating sweet things, e.g. cakes, chocolate | _____ |
| c) try not to eat too much unhealthy food | _____ |
| d) a very busy life | _____ |
| e) get interested/involved in | _____ |

9 PERSONALISATION: What do you have in common with the people in the video? Write your answers under each heading below.

- what you do to keep fit

- what you'd like to do to keep fit

- things you do that aren't very healthy

SPEAKING

1 A Work in pairs. Answer the questions.

- 1 Do you think men or women go to the doctor more often?
- 2 Why do you think this is?
- 3 What reasons do you think people give for not going to see a doctor?

B Read the text to check your answers.

C Work in pairs. Discuss. Do you think any of the excuses in the text are good reasons to avoid seeing the doctor?

VOCABULARY

ILLNESS

2 A Match problems 1–4 below with advice a)–d).

- 1 You have **got a headache/backache**.
- 2 You have **caught a cold/flu**.
- 3 You have **broken your arm/leg**.
- 4 You have a **sore throat** and a **bad cough**. You also have a **high temperature**.

- a) Take some **medicine/antibiotics**.
- b) Go to the hospital for an **X-ray**.
- c) **Get some rest**, and **drink lots of hot drinks**.
- d) Take some **painkillers/pills**.

B 6.5 **DIFFICULT WORDS: spelling versus pronunciation** Check your pronunciation. Listen and repeat.

C Work in pairs. Discuss. What do you do when you have a cold/headache/flu to make yourself feel better?

A: *I usually go to bed with a hot drink. How about you?*

B: *I don't do anything. I just carry on working.*

Five Reasons Why You Don't Go To The Doctor

Did you know that men are five times less likely to visit a doctor than women? The reason: they don't like waiting. In fact, 58 percent of men will choose not to go to the doctor, even when they should. Here are the top reasons people give for why they don't go to the doctor.

- 1 I'm fine.
- 2 I hate waiting.
- 3 Nobody told me to go (like my wife/girlfriend/mother).
- 4 I don't want to talk about it.
- 5 I don't have time.



FUNCTION

SEEING THE DOCTOR

3 A 6.6 Listen to two conversations between a doctor and her patients. Answer the questions.

- 1 What problem(s) does the patient have?
- 2 What does the doctor suggest?

B Complete sentences 1–6 below with the words in the box.

matter problem hurt look worry pills

- 1 What's the matter ?
- 2 How long have you had this _____?
- 3 I'll give you some _____.
- 4 Can I have a _____?
- 5 Where does it _____?
- 6 It's nothing to _____ about.

HEALTH PROBLEMS VOCABULARY MATCHING WORKSHEET

Choose the correct words from the list below and write them under the correct pictures





WORD LIST

- backache
- fever
- toothache
- measles
- cut
- sore throat
- stomachache
- headache
- cold
- earache
- bruise
- runny nose
- flu
- cough
- broken leg
- broken arm







Name:

Class:

Date:

Vocabulary: Health Problems

Complete the sentences below with correct word from the box:

fever

vomiting

sneezing

headache

bruise

earache

backache

rash

Sore
throat

toothache

cough

flu

stomach
ache

1. David ate too many burgers and chips, so now he has _____.
2. Can you give me a Panadol? I have got a bad _____.
3. Bring me the thermometer, please. I think Layla has a _____.
4. Alice was _____ after eating bad food at the restaurant.
5. In spring time, my sister and I can't stop _____.
6. I have got a _____ where I hit my leg on the coffee table.
7. Jim had the _____ and he used nearly two boxes of tissues.
8. Our baby has a _____ if he eats tomatoes.
9. My son had a _____ and drank lots of hot drinks.
10. What's the matter? I have _____. Go to the dentist!
11. He smokes too much. That is why he has a bad _____.
12. After carrying all the shopping home, Linda has a _____.
13. George can't hear properly because he has _____.





C Complete sentences 1–5 below with the words in the box.

painful sleep sick hurts worried

- 1 I feel _____/terrible.
- 2 I can't _____.
- 3 I'm _____ about ...
- 4 It _____ when I walk.
- 5 It's very _____.

D Listen to the conversations again to check your answers.

▷ page 138 **LANGUAGEBANK**

4 Underline the correct alternative.

- 1 My head *hurts/pain/sore*.
- 2 I've got a really bad *flu/cold/sick*.
- 3 She feels *cough/sick/a temperature*.
- 4 I think I've *broken/sore/hurting* my arm.
- 5 Where does it *hurt/pain/sore*?
- 6 It's nothing to *problem/matter/worry* about.
- 7 I'll *give/take/look* you some pills.
- 8 How long have you had this *ill/matter/problem*?

LEARN TO

PREDICT INFORMATION

5 A Work in pairs. Look at the conversation. What do you think the missing words are?

Doctor: What's the ¹_____?

Patient: I've got a really bad ²_____. I feel ³_____.

Doctor: How long have you had the ⁴_____?

Patient: About a ⁵_____.

Doctor: Can I have a ⁶_____?

Patient: It's very ⁷_____.

Doctor: I'll give you some ⁸_____.

B ▶ 6.7 Listen to check your answers.

C Listen again and practise saying the phrases.

speaKout TIP

When you are going into a situation that you can plan for (a visit to the doctor, a trip to a restaurant, etc.), first try to predict the conversation. This will help you to understand words/phrases when you hear them.

6 Work in pairs. Student A: turn to page 161. Student B: turn to page 163. Role-play the conversations. Before you start, try to predict what the other person will say.

6.3

seeing the doctor

doctor

What's the matter/problem?

How long have you had this problem?

Where does it hurt?

Can I have a look (at ...)?

It's nothing to worry about.

I'll give you some pills/antibiotics/medicine.

patient

I feel sick/terrible.

I can't sleep.

I'm worried about ...

It hurts when I walk/talk.

It's very painful.





Patient



Doctor

Ask the patient:

- what the problem is
- how long he/she has had it
- where it hurts

Tell him/her what he/she should do and not to worry!

Patient



Doctor

Ask the patient:

- what the problem is
- how long he/she has had it
- where it hurts

Tell him/her what he/she should do and not to worry!

Patient



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