



# HEALTH AND ILLNESS



Scan to review worksheet

Expemo code:  
1IC8-E1L1-8CA

1

## Warm up

In pairs, answer the questions below.

1. Would you say you are fit and healthy? Why/Why not?
2. How often do you get ill?
3. When was the last time you were unwell? What was wrong? What symptoms did you have?
4. How do you feel about going to see a doctor?





**2 Focus on vocabulary**

Part A: Match the common health problems with the pictures.

Group 1:

a) diarrhoea

b) fever

c) runny nose

d) cold

e) food poisoning



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Group 2:

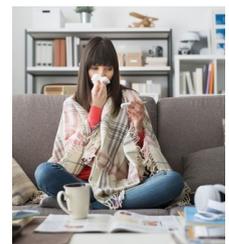
a) sore throat

b) flu

c) rash

d) allergy

e) headache



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Part B: In pairs, read the descriptions and discuss the meaning of the words in bold. Then, write the health problem next to the correct description.

Group 1:

**cold**

**flu**

**rash**

**runny nose**

**sore throat**

1. \_\_\_\_\_ I can't stop sneezing and I have a cough.

2. \_\_\_\_\_ My nose is **dripping** like a tap.

3. \_\_\_\_\_ It hurts when I **swallow**.

4. \_\_\_\_\_ I've got a fever, my whole body aches. I just want to sleep.

5. \_\_\_\_\_ I have **itchy** red spots all over my body.

**Group 2:****allergy****diarrhoea****fever****food poisoning****headache**

1. \_\_\_\_\_ I can't concentrate. My head hurts so much.
2. \_\_\_\_\_ I have a high temperature and I feel hot and then cold.
3. \_\_\_\_\_ I think I ate something bad last night. My stomach hurts and I keep **throwing up**.
4. \_\_\_\_\_ My stomach hurts and I keep going to the toilet. I feel **weak**.
5. \_\_\_\_\_ My eyes and nose are itchy, and I have a **swollen** throat.

**3 Focus on vocabulary: injuries****Part A: Complete the sentences below with the following words.****broke****bruise****burnt****cut****twisted****wound**

1. John got punched in the face during a fight. Now he has a big \_\_\_\_\_ under his eye.
2. I \_\_\_\_\_ my finger while I was slicing an onion with a kitchen knife.
3. Pedro fell off his bike and \_\_\_\_\_ his arm. Now he is recovering in hospital.
4. I \_\_\_\_\_ my ankle while I was playing football. I don't think I'll be ready to play again for another few weeks.
5. I accidentally spilled hot coffee and \_\_\_\_\_ my hand.
6. I fell down the stairs and hit my head. It left a deep \_\_\_\_\_ in my forehead.

**Part B: Study the following solutions/treatments and match them to the injuries above.**

- |                 |                       |
|-----------------|-----------------------|
| i. sentence 1   | a. ice pack           |
| ii. sentence 2  | b. bandage            |
| iii. sentence 3 | c. cold running water |
| iv. sentence 4  | d. plaster            |
| v. sentence 5   | e. sling              |
| vi. sentence 6  | f. rest               |



### 4 Focus on vocabulary: at the doctors

Write the words next to the definitions. The first letter has been given.

1. Formal arrangement to meet someone at a set time and date. → a \_\_\_\_\_
2. Place in a building where people can wait. → w \_\_\_\_\_ r \_\_\_\_\_
3. Piece of paper from a doctor with information about medication. → p \_\_\_\_\_
4. Person who is receiving medical care. → p \_\_\_\_\_

### 5 Listening comprehension



Part A: You are going to hear a conversation between a patient and a doctor. Answer the questions below.

1. What are the patient's symptoms?  
\_\_\_\_\_
2. What does the doctor think is wrong with him?  
\_\_\_\_\_
3. What advice does the doctor give?  
\_\_\_\_\_
4. What prescription does she give him?  
\_\_\_\_\_

Part B: Look at the conversation below. Which words are missing? Listen again to check your answers. In pairs, practise the lines from the conversation.

Group 1:

been sick    check    experiencing    had    headaches    hurts    matter    very well

1. What seems to be the \_\_\_\_\_?
2. I haven't felt \_\_\_\_\_ for a few days now.
3. So what symptoms have you been \_\_\_\_\_?
4. My stomach \_\_\_\_\_ and I've \_\_\_\_\_ diarrhoea.
5. Have you \_\_\_\_\_?
6. Any \_\_\_\_\_?
7. Let me \_\_\_\_\_ your temperature.



**Group 2:**

eaten    give you    might    one tablet every    plenty of    rest for a day    to help

1. What have you \_\_\_\_\_ recently?
2. Anything that \_\_\_\_\_ have disagreed with you?
3. I am going to \_\_\_\_\_ something \_\_\_\_\_ with the stomachache and diarrhoea
4. You need to drink \_\_\_\_\_ liquids.
5. You should \_\_\_\_\_ or two.
6. You need to take \_\_\_\_\_ twelve hours, for three days.

**6****Speaking practice: roleplay**

Use the information on your card to create a conversation. Take turns being the doctor and patient.

*Example:*

**Doctor:** Greet the patient and ask what the problem is

**Patient:** Tell the doctor your symptoms

**Doctor:** Ask any additional questions

**Patient:** Answer the questions

**Doctor:** Say what is wrong, and give advice, including a prescription if necessary

**Roleplay 1****Patient**

*You have a runny nose and a sore throat*

*You don't have any allergies*

*You have a headache*

*You haven't been sick*

**Doctor**

*Ask if they have allergies*

*Ask if they have had any headaches*

*Ask if they have been sick*

*Tell the patient they have a cold.*

*They should rest, and drink plenty of fluids.*

*Suggest they get some cold medicine at the pharmacy.*

**Roleplay 2****Patient**

*You went jogging yesterday and hurt your ankle.*

*It is swollen and you can't walk on it.*

*You are in a lot of pain.*

**Doctor**

*Ask the patient to show you their ankle.*

*Tell them the ankle is twisted, not broken.*

*Tell them to avoid putting any weight on the ankle. Keep the ankle elevated.*

*Give the patient a prescription for tablets which will reduce the swelling and help with the pain.*

**7****Let's play!**

Look at the card given by your teacher and miming your illnesses to your partner.



## 8

**Optional extension / homework****Part A: Do the phrases refer to good or bad health?**

1. Under the weather → \_\_\_\_\_
2. As fit as a fiddle → \_\_\_\_\_
3. Out of shape → \_\_\_\_\_
4. Death warmed up → \_\_\_\_\_
5. A clean bill of health → \_\_\_\_\_

**Part B: Complete the sentences below with a phrase.**

1. You shouldn't be working when you are this ill. You look like \_\_\_\_\_ and you are scaring the customers.
2. That exercise class was tougher than I expected. I am so \_\_\_\_\_. I need to do more exercise.
3. I went to the doctor, and he gave me a \_\_\_\_\_ so now I can go on holiday.
4. I won't be attending class today as I am feeling a bit \_\_\_\_\_.
5. My grandfather is in his eighties and still \_\_\_\_\_. He is still very mobile and goes on long walks in the woods.