



# ILLNESS AND HEALTH



Scan to review worksheet

Expemo code:  
14DB-M3AF-5Z33

## 1

### Sicknesses

Study the medical issues on the left. Translate them using a dictionary. Match them with the possible causes on the right.

- |                   |                                 |
|-------------------|---------------------------------|
| 1. the flu        | a. an allergy                   |
| 2. hay fever      | b. bacteria in your food        |
| 3. food poisoning | c. change in the weather, virus |
| 4. a hangover     | d. smoking too many cigarettes  |
| 5. bronchitis     | e. too much alcohol             |

Now study the symptoms below and match them with the medical issues above.

1. I keep coughing.
2. When I go outside, I can't stop sneezing.
3. I have a headache.
4. I feel awful.
5. I have a sore throat.
6. I have a runny nose.
7. I have a high fever.
8. I feel tired.
9. I have a stomach ache.



## 2 Remedies

Look at the remedies below. Which of the medical conditions in Ex1 can they be used to treat? Which remedy probably cannot be used to treat any of the problems?

1. Eat soup and drink water.
2. Get plenty of rest.
3. Stop smoking.
4. Take some cough medicine.
5. Take an aspirin.
6. Use a decongestant.
7. Take some antibiotics.

## 3 Lifestyles

Match the verbs on the left with nouns on the right to make lifestyle phrases.

- |           |                         |
|-----------|-------------------------|
| 1. go to  | a. 5 hours every night  |
| 2. eat    | b. a balanced diet      |
| 3. keep   | c. a lot of beer        |
| 4. stop   | d. a walk every morning |
| 5. do     | e. junk food every day  |
| 6. go for | f. smoking              |
| 7. sleep  | g. some yoga            |
| 8. drink  | h. the gym              |

Put 'H' (Healthy) or 'U' (Unhealthy) next to each lifestyle.

Now give advice to each of the people below like in the example.

*"He should sleep more than 5 hours every night."*

1. Joe works very hard. He is often very stressed.
2. Patrick sits in front of the TV all day. He has very little energy and is often sick.
3. Jane smokes too much. She's always coughing.
4. Andrew loves junk food. He eats burgers and pizza almost every day.
5. Mario spends a lot of time indoors.
6. Claire works very late. She only sleeps 4 hours every night.



## 4

**Health expressions**

Match the verbs on the left with nouns on the right.

- |   |  |
|---|--|
| 1. I caught a <u>cold</u> last week and missed four days of work.                             | a. became healthy again                      |
| 2. The girl was sick but after a few weeks she <u>got well</u> .                              | b. eating less food or special kinds of food |
| 3. My grandfather is <u>in very good shape</u> . He's even thinking about running a marathon. | c. got sick with a virus                     |
| 4. My mother is <u>out of shape</u> – she can't even walk for longer than 20 minutes.         | d. in bad physical condition                 |
| 5. You don't look well. I think you should <u>go for a check-up</u> .                         | e. in good physical condition                |
| 6. Carol is <u>on a diet</u> . She wants to lose 20 pounds.                                   | f. visit the doctor for an examination       |



# Key

## 1. Sicknesses

Students can work individually and check in pairs. Go through the answers with the class.

- |               |      |              |      |                       |
|---------------|------|--------------|------|-----------------------|
| 1. c          | 2. a | 3. b         | 4. e | 5. d                  |
| 1. bronchitis |      | 2. hay fever |      | 3. a hangover         |
| 4. all        |      | 5. the flu   |      | 6. the flu, hay fever |
| 7. the flu    |      | 8. the flu   |      | 9. food poisoning     |

## 2. Remedies

Students can work individually and check in pairs. Go through the answers with the class.

1. the flu, hangover
2. the flu, food poisoning, a hangover
3. bronchitis
4. the flu
5. a hangover
6. hay fever
7. none (antibiotics are used to treat bacterial infections, usually other than food poisoning )

## 3. Lifestyles

Students can work individually and check in pairs. Go through the answers with the class.

- |      |      |      |      |      |      |      |      |
|------|------|------|------|------|------|------|------|
| 1. h | 2. e | 3. b | 4. f | 5. g | 6. d | 7. a | 8. c |
|------|------|------|------|------|------|------|------|

## 4. Health expressions

Students can work individually and check in pairs. Go through the answers with the class.

- |      |      |      |      |      |      |
|------|------|------|------|------|------|
| 1. c | 2. a | 3. e | 4. d | 5. f | 6. b |
|------|------|------|------|------|------|