HEALTH AND LIFESTYLE

Scan to review worksheet

Expemo code:
13GU-B6CD-3QA4

1 Symptoms

Study the different symptoms below. Your teacher will explain any words you don't know.

migraine allergy flu insomnia

vertigo hay fever chicken pox

In pairs, study the following complaints. Which medical problem does each patient have?

1. "I'm covered in red spots and I feel itchy all over." chicken pox (allergy)
2. "I feel weak and shivery. I've got a temperature and I keep sweating." flu
3. "I've got a runny nose and I keep sneezing all the time. Whenever I go out in the garden, my eyes become itchy and watery." hay fever/allergy
4. "I can't fall asleep at night – I feel too restless. During the day, I feel irritable and I just can't focus." insomnia
5. "Ever since I got a cat, I've been coughing and wheezing. I have a runny nose almost every day." allergy
6. "I've got a splitting headache. Every time there is a change in temperature, I feel awful." migraine
7. "Whenever I go up an escalator I start to feel dizzy. Sometimes it's so bad, I almost feel like fainting." vertigo

© Linguahouse.com. Photocopiable and licensed for use in Silvia Beschin's lessons.

2 Injuries

In pairs, match the following medical solutions with the injuries they help to heal or support:

1.	crutches c	a.	a broken arm
2.	a sling a	b.	a broken back
3.	stitches e	c.	a broken leg
4.	a band-aid (US) / plaster (UK) f	d.	a bruise
5.	an ice pack d	e.	a deep cut
6.	a neck brace g	f.	a small cut
7.	a wheelchair b	g.	a whiplash injury

Have you, your friends or family ever needed any of these solutions?

3 Lifestyle (if you have extra time)

Study the phrases and put them into the correct category below.

avoid exercise and stay indoors all day
drink alcohol excessively
eat wholesome, nutritious food
have a positive outlook on life
pig out on junk food
take on too many duties at home and at work
cut down on food containing saturated fat
drink alcohol in moderation
go for regular check-ups
overindulge in sweets and chocolate
sleep irregular hours
work out at the gym

A healthy lifestyle: _____

An unhealthy lifestyle: _____

Which phrasal verbs in the expressions above mean:

1. to accept (a responsibility): take on
2. to consume/do less of something: _____
3. to exercise: _____
4. to eat too much of something: _____

In pairs, discuss how healthy your lifestyles are using the phrases from this exercise and any other lifestyle expressions.

Expemo
Learn without forgetting!
Scan the QR at the top of Page 1 to review the lesson flashcards with Expemo.
© Linguahouse.com. Photocopiable and licensed for use in Silvia Beschin's lessons.