



HEALTH AND LIFESTYLE



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Expemo code:
13GU-B6CD-3QA4

1

Symptoms

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

- I feel *itchy/shivery/drowsy/restless/irritable/dizzy*
- I keep *coughing/sneezing/wheezing/sweating*
- I feel like *vomiting/fainting*
- I've got *diarrhea/a runny nose/a splitting headache/a high temperature*

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."
2. "I feel weak and shivery. I've got a temperature and I keep sweating."
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."
4. "I can't fall asleep at night – I feel too restless. During the day, I feel irritable and I just can't focus."
5. "Ever since I got a cat, I've been coughing and wheezing. I have a runny nose almost every day."
6. "I've got a splitting headache. Every time there is a change in temperature, I feel awful."
7. "Whenever I go up an escalator I start to feel dizzy. Sometimes it's so bad, I almost feel like fainting."



2 Injuries

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

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

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

3 Lifestyle

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:

- to accept (a responsibility): take on
- to consume/do less of something: _____
- to exercise: _____
- 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.



4

Phrasal verbs

Here are some more phrasal verbs related to health and lifestyle. Study them in context.

- a. I don't feel like going out tonight. I think I'm coming down with something.
- b. Twenty minutes after he fainted, Leon finally came to.
- c. My doctor told me to cut out salt because of my high blood pressure.
- d. I picked up a cold last week. It took me three days to get over it.
- e. The sight of blood makes me pass out.
- f. Zoe was throwing up all night after eating that chicken. I think it wasn't cooked properly.

Complete the definitions on the next page with the infinitive forms of the phrasal verbs.

1. to catch an illness from someone or something: pick up
2. to faint: _____
3. to stop eating/drinking something in your diet: _____
4. to recover from an illness: _____
5. to start to suffer from an illness, e.g. a cold or the flu: _____
6. to become conscious again: _____
7. to vomit: _____

5

Talking point

Discuss any of the following questions:

1. Do you think current lifestyles are healthier than 100 years ago?
2. How easy is it to have a healthy lifestyle nowadays?
3. Should you always see a doctor when you come down with something?
4. Have you ever picked up an illness when traveling abroad? Describe the symptoms and how you got over it.



Key

1. Symptoms

Go through the symptoms and physically demonstrate or translate the symptoms.

For the pair-work exercise, students will need a bilingual dictionary to help them translate the medical terms into English:

1. chicken pox
2. the flu
3. hay fever/allergy
4. insomnia
5. an allergy
6. a migraine
7. vertigo/fear of heights

2. Injuries

1. c
2. a
3. e
4. f
5. d
6. g
7. b

Provide any necessary structures, e.g. 'I was on crutches for 6 months', 'I had to reduce the swelling with an ice pack', 'I needed 8 stitches', etc.

3. Lifestyle

A healthy lifestyle: have a positive outlook on life, eat wholesome, nutritious food, go for regular check-ups, work out at the gym, drink alcohol in moderation, cut down on food containing saturated fat

An unhealthy lifestyle: pig out on junk food, sleep irregular hours, overindulge in sweets and chocolate, drink alcohol excessively, avoid exercise and stay indoors all day, take on too many duties at home and at work

Phrasal verbs:

2. cut down on
3. work out
4. pig out

4. Phrasal verbs

2. pass out
3. cut out
4. get over
5. come down with
6. come to
7. throw up