

UNIT

1

Mind and body

LANGUAGE

should/shouldn't ■ health and medicine

1A Should I see a doctor?

1 Match the speech bubbles with the pictures.



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2 Look at the title and the pictures in the text. In pairs, try to match the strange health tips with the problems in exercise 1. Read the text quickly and check.

Five strange health tips that you should know about



The Internet is full of websites that offer health tips, some serious and some strange. Here are our top five tips from the web ... do they work? You can decide on that!

Do you have a temperature or the flu? Then you should put some onion in your socks and wear them at night. You'll feel much better the next morning. Remember though, you shouldn't eat the onion afterward!

You're chopping vegetables in the kitchen and you cut your thumb. What should you do? Put a little black pepper on the cut, of course! It stops the bleeding and helps the cut get better. But you should only do this for small cuts. For anything serious, you should see a doctor.

Do you have regular headaches? Then you should always have an apple nearby. Some studies have found that the smell of green apples can help with headaches and can also make you feel less anxious.

Are you stressed? You should call your mom. A study by the University of Wisconsin showed that people who had more contact with their mother had lower levels of stress. So you shouldn't delay—call her today!

If you have a cough that won't go away, then you should eat some chocolate. Scientists say that chocolate contains a chemical that is better at stopping coughs than many cough medicines. So you shouldn't go to a pharmacy—go to a candy store.

3 Discuss the questions in pairs.

- 1 Would you try any of the tips? Why/Why not? *If I would try some*
- 2 Do you know any other strange health tips? *None*
- 3 Do you ever use the Internet to look for health advice? *Yes often*
- 4 What are the advantages and disadvantages of using the Internet for this? *a disadvantage would be that not everything is true, the advantage is, some things can help you instantly*

VOCABULARY PRACTICE

1A Health and medicine

1 1.1 Complete the problems 1–16 with the words in the box. Listen and check.

stomachache backache broke nosebleed burned cold cough cut
earache flu headache hurts sore throat stressed temperature toothache



1 I burned my hand.



2 I have a cold.



3 I cut my finger.



4 I broke my leg.



5 I have a nosebleed.



6 I have a sore throat.



7 I have a temperature.



8 I have a cough.



9 I have a backache.



10 I have an earache.



11 I have a stomachache.



12 I have a headache.



13 I'm stressed.



14 My knee hurts.



15 I have the flu.



16 I have a toothache.

2 Match problems 1–9 with possible solutions in the box. There may be more than one answer.

- 1 I don't feel well. I have a stomachache.
- 2 Those boxes were heavy. I have a backache now!
- 3 Ooh! I have a sore throat.
- 4 I'm worried about my nosebleeds.
- 5 I have a terrible headache.
- 6 I feel awful. I think I have the flu.
- 7 I'm stressed about work.
- 8 I burned my hand yesterday. It still hurts.
- 9 My foot hurts. I fell getting out of the car!

eat healthy food
rest in bed
have some hot lemon and honey
see a doctor
take some pills
have some chicken soup
talk to your boss
put some cream on it
call a friend

see a doctor call a friend
 take some pills put some ice / cold water on it
rest in bed have some hot lemon and honey
 go lie down talk to your boss
 have some chicken soup put some cream on it
 go to bed early every night eat healthy food