



ENGLISH

Chapter 19 Session B

3rd
SECONDARY

ADVICE/SUGGESTIONS
Health



 **SACO OLIVEROS**

Vocabulary expansion

Unit 10: Health

1 Number the sentences in the correct order (1–6).

- ___ I went to the drugstore and got the medicine.
- ___ He said I had a chest infection and gave me a prescription for some antibiotics.
- ___ I went to the doctor's office and explained the problem.
- ___ I was sick, so I called the doctor's office and made an appointment.
- ___ He took my temperature and blood pressure.
- ___ I took the medicine and felt OK after a few days.

2 Match each health problem with the correct advice.

- 1 For sore eyes
- 2 For asthma
- 3 For an infection
- 4 For an insect bite
- 5 For an upset stomach
- 6 For aching muscles

you should

- a take a hot bath.
- b use lotion.
- c take antibiotics.
- d use eye drops.
- e use an inhaler.
- f drink a lot of liquid.



Challenge!

Tell a partner what you do when
you have a health problem.

Whenever I have a headache, I always ...

Communication activity

Student A » p.91

Student B » p.100

A

Communication activities

Unit 10 – Student A

1 Tell your partner about these health problems and ask for advice.

- 1 You have a bad sore throat and a cough. You also have a fever and a terrible headache.
Start with: *I'm not feeling well.*
- 2 You sprained your ankle when you were playing tennis last week. It's very painful.
- 3 You have a sunburn. You've tried using lotion, but it hasn't improved. You can't sleep.

2

**Listen to your partner talk about some health problems.
Ask questions for more information, and then give some advice.**

B: *I'm not feeling very well.*

A: *I'm sorry. What's wrong?*

B: *Well, I have a terrible ...*

A: *I see. Do you eat healthy food?*

How much exercise do you usually do?

You should ...

You shouldn't ...

If I were you, I'd ...

take some medicine

lie down

use lotion

try to relax

take aspirin

drink a lot of water

stay in bed

take some vitamins

Communication activities

Student

B

Unit 10 – Student B

1

Listen to your partner talk about some health problems.

Ask questions for more information, and then give some advice.

A: *I'm not feeling very well.*

B: *I'm sorry. What's wrong?*

A: *Well, I have a bad ...*

B: *I see. How much coffee do you drink?*

What time do you go to bed?

You should ...

You shouldn't ...

If I were you, I'd ...

take some medicine

lie down

use lotion

try to relax

take aspirin

drink a lot of water

stay in bed

take some vitamins

2 Tell your partner about these health problems and ask for advice.

- 1 You have had a terrible backache all week, and now you have a cough, too.
- 2 You have sore eyes and you're tired, but you can't sleep. You're very worried.
- 3 You always have a stomach ache after you eat.

In your words

1 What health problems do these people have? With a partner, think of some advice to give each person.

A: *Tony's really stressed out.*

B: *Yes, he should try to relax. If I were him, I'd leave work early.*

A: *And he shouldn't eat fast food.*





Challenge!

With your partner, role-play a conversation with each person.

A: *Hey, Tony. You look really stressed out.*

You should take it easy.

B: *I know, but I ...*

Listening

1



75 Listen to Frank from Australia talk about natural ways to fight common health problems. Check (✓) the health problems he mentions.

- ☐ a cold
- ☐ sore eyes
- ☐ a cough
- ☐ a sore throat
- ☐ a fever

- ☐ a sunburn
- ☐ a headache
- ☐ a toothache
- ☐ problems sleeping



2



75 Listen again. Write each health problem Frank mentions next to his advice.



- 1 _____ You should use two slices of cucumber.
- 2 _____ You should put your hand in some ice, and some garlic on each wrist.
- 3 _____ You should cut an onion in half and put it by your bed.
- 4 _____ You should put on a mixture of olive oil and vinegar.
- 5 _____ You should take a bath with half a kilogram of salt.

Speaking

1 Interview a partner. Write notes.

How healthy are you?

How many times have you been sick in the last year?

Do you often feel stressed out?

Have you ever had problems sleeping?

When did you last go to the doctor?

Have you done any exercise lately?

What do you do to keep healthy?

When was the last time you had a cough or cold?

Have you been to the dentist recently?

Do you have headaches often?

Have you ever had the flu?

Notes



2

Look at your notes. How healthy is your partner? Give him or her some advice.

You've been sick a few times recently, so I think you should take more vitamins.

If I were you, I'd ...