



ENGLISH

Chapter 19 Session A

3rd
SECONDARY

ADVICE/SUGGESTIONS
Health



 **SACO OLIVEROS**

10

Health

Focus »

health and well-being

Grammar »

advice and suggestions: *should / shouldn't, Why don't you ... ?, etc.*

Vocabulary »

health problems and remedies

Get talking!

1

Talk about the pictures with a partner.

Where are these people? What are they talking about?

How does the woman feel?



2 Do you think you are a healthy person? How often are you sick?

Conversation



BTP_SB_L2_U10_001



0:00 / 0:59



1**71 Listen and read.**

Jim: Hey, what's up? You look terrible.

Kate: I don't feel very well.

Jim: That's too bad. Have you taken any medicine?

Kate: No, I haven't. I've been so sick that I haven't been out of the house until now.

Jim: Well, maybe you should go home. You shouldn't go to class like that.

Kate: I know, but I have American history this morning.

Jim: Why don't you see the college doctor?

Kate: That's a good idea. I'll go at lunchtime.

Jim: If I were you, I'd see the doctor right now. Anyway, what's so important about American history?

Kate: I've missed three classes already this semester. I can't miss another or I'll fail the course.

Jim: Wait a minute. American history is with Mr. Philips, right?

Kate: Yeah. Why?

Jim: He's not here today. There's a note on the bulletin board. The class is canceled!



2

Practice the conversation with a partner.

Language box



You **should** go to bed.



72

You **shouldn't** go to class.

If I were you, I'd go home.

Why don't you see a doctor?



Grammar reference » p.111

Grammar reference

10

Advice and suggestions

We use **should/shouldn't** when we want to give advice:

- + You **should** go to bed early.
- You **shouldn't** worry about the exam.

We also use **should** to ask for advice:

Q What do you think I **should** do?

We can say **If I were you, I would(n't)** ... to give advice:

- + **If I were you, I'd** take some medicine.
- **If I were you, I wouldn't** go to work today.

We use **Why don't you ... ?** to make a suggestion when we think something is a good idea:

Why don't you take aspirin?

1

Complete the conversation using these sentences.

- 1 Perhaps you should take aspirin.
- 2 I have a really bad headache.
- 3 I think you should see a doctor, too.
- 4 Why don't you go to bed?
- 5 What's wrong?
- 6 But you really shouldn't go to work.

A: You don't look very well. _____

B: _____ I feel terrible.

A: I'm sorry. _____

B: I've taken four aspirins already.

A: I see. _____

B: I can't. I have a meeting in an hour.

A: _____ You look very sick.

B: Maybe you're right. I'll stay in and get some rest.

A: _____

B: OK. Can you call and make an appointment?

A: Sure.



Challenge!

Practice the conversation with a partner.

2**Complete the sentences using these phrases.**

shouldn't you	You should	she should
If I were him, I'd	should I	You shouldn't
he should	Why don't you	

- 1 My cough isn't getting better. What _____ do?
- 2 You look really tired. _____ go to bed.
- 3 Kevin has a headache, so _____ take aspirin.
- 4 Sally's under a lot of stress, so _____ try to relax.
- 5 Your cold hasn't gone, so _____ take some medicine?
- 6 Gary has a bad sunburn. _____ use a lotion.
- 7 _____ drink coffee late at night because you won't sleep well.
- 8 You've had a toothache for ages. _____ see a dentist?

Vocabulary

1

Match each health problem with the correct picture.

1 F the flu

2 ____ a cough

3 ____ a cold

4 ____ a toothache

5 ____ be stressed out

6 ____ a headache

7 ____ sore eyes

8 ____ a backache

9 ____ a sunburn

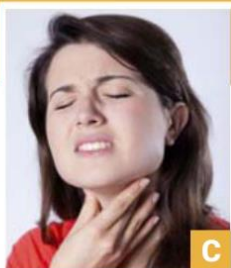
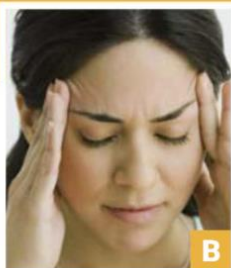
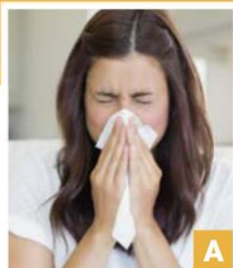
10 ____ a fever

11 ____ a sprained ankle

12 ____ stomach ache

13 ____ a sore throat

14 ____ problems sleeping



2

With your partner, decide what you should do for each of these health problems. There is more than one remedy for each problem.

drink a lot of water go to the dentist go to the doctor
lie down stay in bed take aspirin take some medicine
take some vitamins try to relax use lotion

3 Have you had any health problems recently? Tell a partner.

I had a cold last week. I stayed in bed and took some medicine.

Real life exchange



1



73 Listen and complete the conversation.

Then practice with a partner.

A: You don't look very well. What's wrong?

B: I have a terrible ¹ _____. I've had it all morning.

A: Oh dear. ² _____ take an aspirin.

B: I have. And I've ³ _____, too, but it hasn't improved.

A: Well, why don't you ⁴ _____?

B: Yes, I think I'll do that. Thanks for the advice.

A: ⁵ _____. I hope you get better soon.

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2

Use these words to make more conversations.

Conversation 1

- 1 fever
- 2 You should
- 3 stayed in bed all day
- 4 call the doctor
- 5 That's OK

Conversation 2

- 1 backache
- 2 If I were you, I'd
- 3 used a special lotion
- 4 lie down
- 5 No problem

Conversation 3

- 1 cough
- 2 You should
- 3 taken some cough medicine
- 4 drink a lot of water
- 5 My pleasure