

## TOPIC 10: HEALTH AND DISEASES

### Speaking Part 1

#### Frequently-Asked Questions

- ✓ Do you have any unhealthy habits?
- ✓ What do you do to stay healthy?
- ✓ Is it easy to keep fit where you live?
- ✓ What do you think is more important, eating healthy or doing exercise?
- ✓ What are the health benefits of playing a sport?
- ✓ Have you ever had any habits which you consider to be unhealthy?

#### Vocabulary

Word	IPA	Definition
unhealthy	/ʌn'hel.θi/	not good for your health (không tốt cho sức khỏe)
ready meal	/'red.i ,miəl/	a meal cooked and bought at a shop but taken somewhere else, often home, to be heated and eaten (đồ ăn sẵn)
work out	/wɜ:k aʊt/	to exercise in order to improve the strength or appearance of your body (tập thể hình)
balanced diet	/ ,bæl.ənst 'daɪ.ət/	a combination of the correct types and amounts of food (chế độ ăn cân bằng)

checkup	/'tʃek.ʌp/	a medical examination to test your general state of health (kiểm tra toàn thân)
be as fit as a fiddle	/'fɪd.əl/	to be very healthy and strong (khỏe như vâm)
benefit	/'ben.i.fɪt/	to be helped by something or to help someone (có lợi)
physically	/'fɪz.i.kəl.i/	in a way that relates to the body or someone's appearance (về mặt thể chất)
mentally	/'men.təl.i/	connected with or related to the mind (về mặt tinh thần)
rest	/rest/	a period of time in which you relax, do not do anything active, or sleep (sự nghỉ ngơi)
deprivation	/,dep.rɪ'veɪ.ʃən/	an absence or too little of something important (sự thiếu thốn)
suffer from	/'sʌf.ər/	to experience or show the effects of something bad (phải chịu thứ gì)
junk food	/'dʒʌŋk ,fʊ:d/	food that is unhealthy but is quick and easy to eat (đồ ăn nhanh, đồ ăn rác)
rarely	/'reə.li/	not often (hiếm khi)
harmful to sth	/'hɑ:m.fəl/	causing harm (có hại cho ai/ cái gì)
productive	/prə'dʌk.tɪv/	causing or providing a good result or a large amount of something (năng suất)

stay up	/steɪ/	to go to bed later than usual (ngủ muộn)
muscle	/'mʌs.əl/	one of many tissues in the body that can tighten and relax to produce movement (cơ bắp)

### Useful sentence structure

- ✓ Eating + (a type of food) is harmful to your health.

Ex: Eating junk food is harmful to your health.

- ✓ I often stay up late to + (verb phrase).

Ex: I often stay up late to watch Korean films.

- ✓ I suffer from + (a health problem).

Ex: I suffer from sleep deprivation.

- ✓ I rarely eat (a kind of food) because I'm aware of its negative effects on my body.

Ex: I rarely eat fast food because I'm aware of its negative effects on my body.

- ✓ One of my unhealthy habits is (a noun phrase/ V-ing).

Ex: One of my unhealthy habits is staying up late.

- ✓ When I'm stressed, I often + (verb phrase).

Ex: When I'm stressed, I often eat junk food.

### PRACTICE

#### Q1: Do you have any unhealthy habits?

Suggestions

- ✓ stay up late

- ✓ eat ready meals

**Q1: Do you have any unhealthy habits? (Sample)**

Yes, definitely. Because I work until 9pm, I often stay up late, very late. Besides, I'm also quite busy so I don't usually cook. I eat ready meals instead.

**Q2: What do you do to stay healthy?**

Suggestions

- ✓ work out at the gym
- ✓ have a balanced diet
- ✓ have frequent checkups

➔ as fit as a fiddle

**Q2: What do you do to stay healthy? (Sample)**

I love working out at the gym. In addition, I try to have a balanced diet and have frequent checkups with my doctor. Therefore, I'm always as fit as a fiddle.

**Q3: What part of your lifestyle would you most like to make healthier?**

Suggestions

- ✓ sleeping habits
- ✓ suffer from sleep deprivation

➔ feel tired

**Q3: What part of your lifestyle would you most like to make healthier? (Sample)**

Well, I would say, my sleeping habits. I usually suffer from sleep deprivation. As a result, I feel tired when I wake up and have little energy to start my day.

**Q4: Do you eat much junk food?**

Suggestions

- ✓ rarely eat fast food

- ✓ aware of negative effects
- ✓ eat a small amount when going with others

**Q4: Do you eat much junk food? (Sample)**

No. I rarely eat junk food since I'm aware of its negative effects on my body. I just eat them when other people who are with me are eating them, and I only eat a small amount.

**Q5: What are the health benefits of playing a sport?**

Suggestions

- ✓ benefit both physically and mentally
- ✓ build muscles + burn fat + relax

**Q5: What are the health benefits of playing a sport? (Sample)**

I think playing sports benefit us both physically and mentally. When you play sports, you are giving your body time to build muscles, and to burn fat. Therefore, you will be fitter and stronger. Also, you are giving your body time to relax. That's why I enjoy working out so much.

*Vũ Mai Phương*

**Speaking Part 2****Cue card**

Describe a time when you were ill.

You should say:

when this was

what your symptoms were

how long the illness lasted

and say how it affected your life at the time.

**Vocabulary**

Word	IPA	Definition
under the weather		ill (bị ốm)
headache	/ˈhed.eɪk/	a pain you feel inside your head (đau đầu)
sore throat	/ˌsoː ˈθrəʊt/	a condition in which your throat is red and feels painful, especially when you swallow (đau họng)
runny nose	/ˈrʌn.i nəʊz/	If your nose is runny, it is producing more mucus than usual, usually because you are ill (chảy nước mũi)
block	/blɒk/	to prevent movement through something (mũi tắc, nghẹt)
catch	/kætʃ/	to get an illness (mắc bệnh gì đó)
cold	/kəʊld/	a common illness that affects the nose and/or throat, making you cough, sneeze, etc (cảm lạnh)
medicine	/ˈmed.i.sən/	a substance, especially in the form of a liquid or a pill, that is a treatment for illness or injury (thuốc)
phone in sick		to phone the place where you work in order to tell your employer you are ill (xin nghỉ ốm)
poorly	/ˈpɔː.li/	ill (ốm)
ache	/eɪk/	a continuous pain that is unpleasant but not very strong (cơn đau nhức)
symptom	/ˈsɪmp.təm/	any feeling of illness or physical or mental change that is caused by a disease (triệu chứng)

fever	/'fi:.vər/	a condition in which the body's temperature is higher than usual (sốt)
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## PRACTICE

Describe a time when you were ill.

You should say:

when this was

what your symptoms were

how long the illness lasted

and say how it affected your life at the time.

## Sample

Well, the last time I was under the weather was last week. I was walking back home from work and it suddenly started to rain heavily, so I got wet. The next day when I woke up, I was feeling poorly. I got a headache, a sore throat, and a runny nose. And finally, my nose is blocked.

My doctor said that I caught a heavy cold. I had to take a lot of medicines and phone in sick. I was taking charge of holding a meeting with my company's clients at that time, and due to the situation, I had no choice but to reschedule the meeting until this week. I made a quick recovery after 5 days suffering. It was an important lesson I never forgot.

## Speaking Part 3

### Frequently-asked questions

- ✓ Do women pay more attention to their health than men?
- ✓ What costs are involved when you are ill in your country?
- ✓ Do you think most people worry more about their health as they get older?
- ✓ Could governments do more to promote healthier lifestyle options?
- ✓ How can children learn to have a healthy lifestyle?

## Vocabulary

Word	IPA	Definition
appointment	/ə'pɔɪnt.mənt/	a formal arrangement to meet or visit someone at a particular time and place (cuộc gặp)
be at death's door		to be very sick (quá mức ốm yếu)
vulnerable	/'vʌl.nərə.ə.bəl/	able to be easily physically, emotionally, or mentally hurt, influenced, or attacked (dễ bị tổn thương)
promote	/prə'məʊt/	to encourage people to like, buy, use, do, or support something (khuyến khích)
tax	/tæks/	to make someone pay a tax (đánh thuế)
result	/rɪ'zʌlt/	If a situation or problem results from a particular event or activity, it is caused by it (bắt nguồn từ)
healthcare	/'helθ.keər/	the activity or business of providing medical services (chăm sóc sức khỏe)
desseminate	/dɪ'sem.ɪ.neɪt/	to spread or give out something, especially news, information, ideas, etc., to a lot of people (phát tán)
go grey	/greɪ/	get older (già đi)
immune system	/'ɪmjʊ:n ,sɪs.təm/	the cells and tissues in the body that make it able to protect itself against infection (hệ miễn dịch)
weaken	/'wi:.kən/	to (cause to) become less strong, powerful, determined, or effective (yếu đi)



implement	/'im.pli.ment/	to start using a plan or system (thực thi)
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## PRACTICE

### Q1: Do women pay more attention to their health than men? (Sample)

I believe so. Well, whenever I feel poorly, I will arrange an appointment with my doctor for a check-up. But things don't seem to go the same with men who tend to ignore their health problems. For example, my dad doesn't think he is sick until he is at death's door. Maybe it's because we think that women are more vulnerable than men.

### Q2. What is the role of the government in promoting healthcare? (Sample)

I believe that the government plays a major role in promoting healthcare. It's important to educate the people about health and help them lead healthy lifestyles. It must create more programs and activities that would disseminate appropriate and accurate information about health. I also believe that the government should improve the health sector to make it more accessible for the people.

### Q3. Do you think most people worry more about their health as they get older? (Sample)

Obviously, people will pay more attention to their health problems when they go grey. The reason is that when we are older, our immune system will weaken. And as a result, we'll get sick more easily. Besides, when people suffer from illness, their children will be under enormous pressure to take care of them. Therefore, older people are more likely to pay special attention to their health.

## HOMEWORK

### Answer the following questions

Q1: What costs are involved when you are ill in your country?

Q2: How can children learn to have a healthy lifestyle?