

VOCABULARY

My health

LEVEL

Beginner (A1)

NUMBER

EN_A1_2051V

LANGUAGE

English



Learning outcomes

- I can recognise and understand the meaning of basic words related to health.
- I can talk about my health in very simple terms.



An apple a day keeps the
doctor away!





My health

doctor



When you are ill, you go to a
doctor.

patient



Patients visit the doctor.



My health

hospital



We go to **hospital** when we feel ill.

medication



A doctor gives **medication** to their patients.

headache



When your head hurts, you have a **headache**.



My health



I am ill, so I need to see a **doctor**.

Where is the **hospital**?





My health



Some **doctors** work at a **hospital**.

Medication helps you feel better.



My **doctor** has many **patients**.

When I have a **headache**, I take **medication**.



Match the sentences to the pictures

1



2



3



4



a We are going to hospital.

b A patient sees a doctor.

c Do you have a headache?

d I am buying medication.



What can you see in the picture?



1

patient

2

doctor

3

hospital

4

sick



My health

healthy



Eating lots of fruits and vegetables is very **healthy**.

unhealthy



Eating lots of pizza and hot dogs is **unhealthy**.



My health

sick



When I'm **sick**, I don't go to work.

injury



He has an **injury** to his arm.

to sneeze



She is **sneezing**.



My health



Sometimes when I am **sick**, I need **medication**.

When I have a cold, I **sneeze**.





My health



When I am **sick**, I see a **doctor**.

Doing sports and eating vegetables are **healthy** activities.



I try not to eat **unhealthy** foods every day.

If you have an **injury**, you go to the **hospital**.





What can you see in the picture?



1

sick

2

injury

3

sneeze

4

headache



What can you find in a hospital?





Odd one out

Find the odd one out. Then make a sentence with each word.

headache

sick

injury

healthy



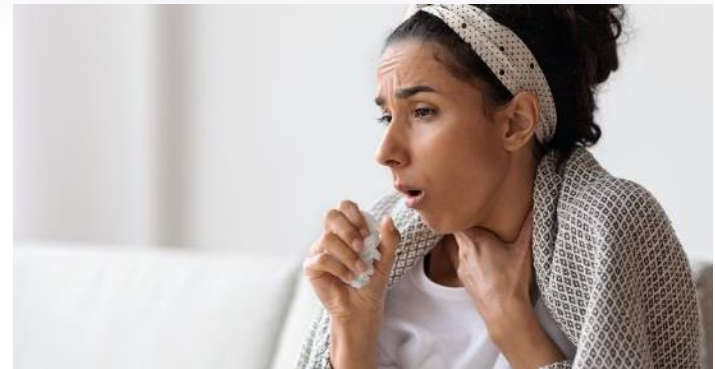
My health

fever



When you feel hot, you may have a **fever**.

a cold



I often catch **a cold** in the winter.



My health

the flu



When you have a fever and feel sick, you may have **the flu**.

to cough



She is **coughing** a lot. She should go to the doctor.



My health



Are you **coughing** or **sneezing**?

Do you have a **fever**?



I have a bad **cold**.

You may have **the flu**.





Write the sentence as a question

1

They are sick.



2

You have the flu.



3

They are coughing and sneezing.



4

We have a fever.







Describe the pictures

What can you see in the pictures?





Reading

1. **Read** the text.
2. Then **answer** the questions with a partner.

I am quite a healthy person. I eat lots of fruit and vegetables. Every morning I go to the beach and do stretches. I don't usually need to go to the doctor, but I go once a year to get a check up.

I don't like to take too much medication. When I have a headache I try to take a walk outside or drink water. When I have the flu, I drink hot drinks and stay warm. If that doesn't work, I go to the doctor to get some medication.



1. What does she do that is healthy?
2. What does she do when she is sick?



Make lists

Add **vocabulary** about health to the lists below.

1

Places

2

People

3

Adjectives

4

Verbs





Additional practice



Match the sentences

1 My head feels hot.

2 My doctor gives me...

3 He has a serious injury.

4 She has a cold, and is...

5 Her head hurts.

a medication when I am sick.

b She has a headache.

c coughing and sneezing.

d I have a fever.

e He is going to hospital.



Unscramble



to the

I go

I feel

sick

When

doctor.



Pete

and he

injury

hospital.

has an

is in



About you

Do you usually eat healthy or unhealthy food?



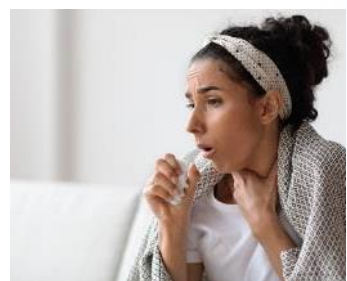
What healthy food do you like?



Writing

Answer the questions in the pink box.

What do you do when you **feel sick**?
Where do you go when you are **injured**?
What do you do when you have a **headache**?



Blank writing area with horizontal lines for notes.



Answer key

P.8: 1) b, 2) c, 3) d, 4) a

P.9: hospital

P.14: injury

P.16: healthy

P.20: Are they sick? Do you have the flu? Are they coughing and sneezing? Do we have a fever?

P.22:

- She eats a lot of fruits and vegetables, and does stretches.
- When she has a headache, she tries to take a walk outside or drink water. When she has the flu, she drinks hot drinks and stays warm. If that doesn't work, she goes to the doctor to get some medication.



Answer key



P.26: 1) d, 2) a, 3) e, 4) c, 5) b

P.27: When I feel sick, I go to the doctor. Pete has an injury and he is in hospital.



Summary

Learning vocabulary related to health:

- *doctor, patient, hospital, medication, headache, healthy, unhealthy, sick, injury, to sneeze, fever, a cold, the flu, to cough*

Describing your health:

- Using the vocabulary to talk about your health in simple terms.



Vocabulary

doctor

patient

hospital

medication

headache

healthy

unhealthy

sick

injury

to sneeze

fever

a cold

the flu

to cough

