

SPEAKING

# Talking about your health

**LEVEL**

Beginner (A1)

**NUMBER**

EN\_A1\_2064S

**LANGUAGE**

English

A close-up photograph of a person's legs and hands as they tie their shoelaces. The person is wearing black socks and green and black sneakers. They are crouching on a grey asphalt surface. The image is part of a presentation slide with a blue and purple decorative background on the left and bottom right.

## Learning outcomes

- I can talk about my health and how I'm feeling in very simple terms.
- I can use the modal verbs *should* and *could* correctly in simple sentences.



Last week I **felt ill**, but now **I'm feeling** just fine!





# Focus on pronunciation

food



# Focus on pronunciation

**food**

**soon**



# Focus on pronunciation

**food**

**soon**

**good**



## Focus on pronunciation

food

soon

good

Usually, the **oo** sound is pronounced **/u:/** (like ew).  
However, in some words (like good), **oo** is pronounced **/ʊ/** (like uh).



# Focus on pronunciation

see





# Focus on pronunciation

**see**

**feel**



# Focus on pronunciation

**see**

**feel**

**been**



## Focus on pronunciation

see

feel

been

The pronunciation of **ee** is a long e sound in most words: **/i:/**.  
However, sometimes been is pronounced with a short **/ɪ/** sound.



# Practise pronunciation

Do I need  
medication?

I feel healthy.

I'm feeling  
good.

I am seeing a  
doctor.





# Vocabulary review





# Sentences

1



I **feel better** today!

2



Do you **feel ill**?

3



Last week I was sick, but now **I'm fine**.

4



I think I have **the flu**.



# Sentences

5



Normally, I am a **healthy** person.

6



When I am sick, I feel tired and **unhealthy**.

7



Do I need some **medication** to **feel better**?

8



Do you **feel good** or **bad** today?



I feel a bit **under the weather** today.

If you feel **under the weather**, you feel ill.





# Transform the sentences

**Transform** the sentences to create questions.

1 I need medication.



Do I need medication?

2 You are feeling better.



3 She was sick last week.



4 They feel good today.



5 We all have the flu.



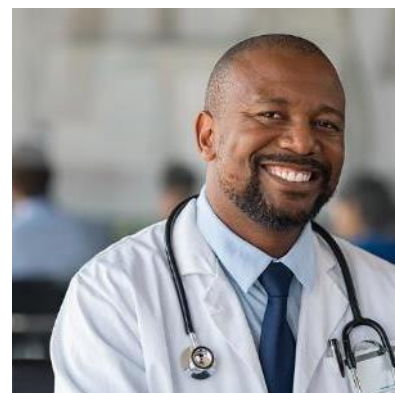
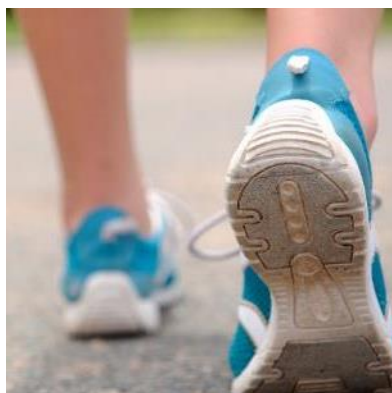
6 We need to see the doctor.





# Speaking

**What do you do when you're ill?**





# Do you agree?



**Being healthy is more important  
than having money.**

Do you agree with  
the sentence?

What do your  
classmates think?

Do you need money  
to be healthy?





# Staying healthy

**Name three healthy activities.**



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



# Speaking

1



2



3



4



5



How are these people feeling?



# You're the doctor!

Tell your patient what they can do when they have these illnesses.





# End of the lesson

Idiom

***to have butterflies in your stomach***

**Meaning:** having a nervous feeling in your stomach

**Example:** I always have butterflies in my stomach before giving a presentation.





# Additional practice



# Match the sentences



**1** Last week I was ill.

**2** She needs to see a doctor.

**3** She is...

**4** They are going...

**5** I am taking...

**a** medication at the moment.

**b** feeling good.

**c** Now I'm feeling better.

**d** She is making an appointment.

**e** for a run in the park.



# Complete the sentences

**Finish** the sentences with your own ideas.

1 I go to hospital when...

2 I feel healthy when...

3 I feel unhealthy when...





# Give some advice

Give your classmates some advice about staying healthy.



**John**



**Ruth**



**Petra**



**Shane**

*You should go for a run sometimes.*

*I don't like running. What else can I do?*

- How can I stay healthy?
- You should...
- You shouldn't...
- vegetables
- exercise
- run
- walk



# Pronunciation

Practise pronouncing these sentences.

I've **been** waiting for you!

This **food** is really **good**!

**See** you later! Be **good**!

You will **feel** better **soon**.



# Answer key



**P.17:** 2) Are you feeling better? 3) Was she sick last week? 4) Do they feel good today? 5) Do we all have the flu? 6) Do we need to see the doctor?



# Answer key

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



# Summary

## Pronunciation of **oo**:

- Usually, the **oo** sound is pronounced /u:/ (like **ew**).
- However, in some words (like **good**), **oo** is pronounced /ʊ/ (like **uh**).

## Pronunciation of **ee**:

- The pronunciation of **ee** is a long **e** sound in most words: /i:/.
- However, sometimes **been** is pronounced with a short /ɪ/ sound.

## Practising talking about health:

- Using the vocabulary from the unit, including modal verbs *could* and *should* to talk about health.





# Vocabulary

ill

unhealthy

to feel bad

medication

I'm fine

healthy

the flu

to feel better

