

# My health

VOCABULARY

LEVEL  
Beginner

NUMBER  
EN\_BE\_1231V

LANGUAGE  
English

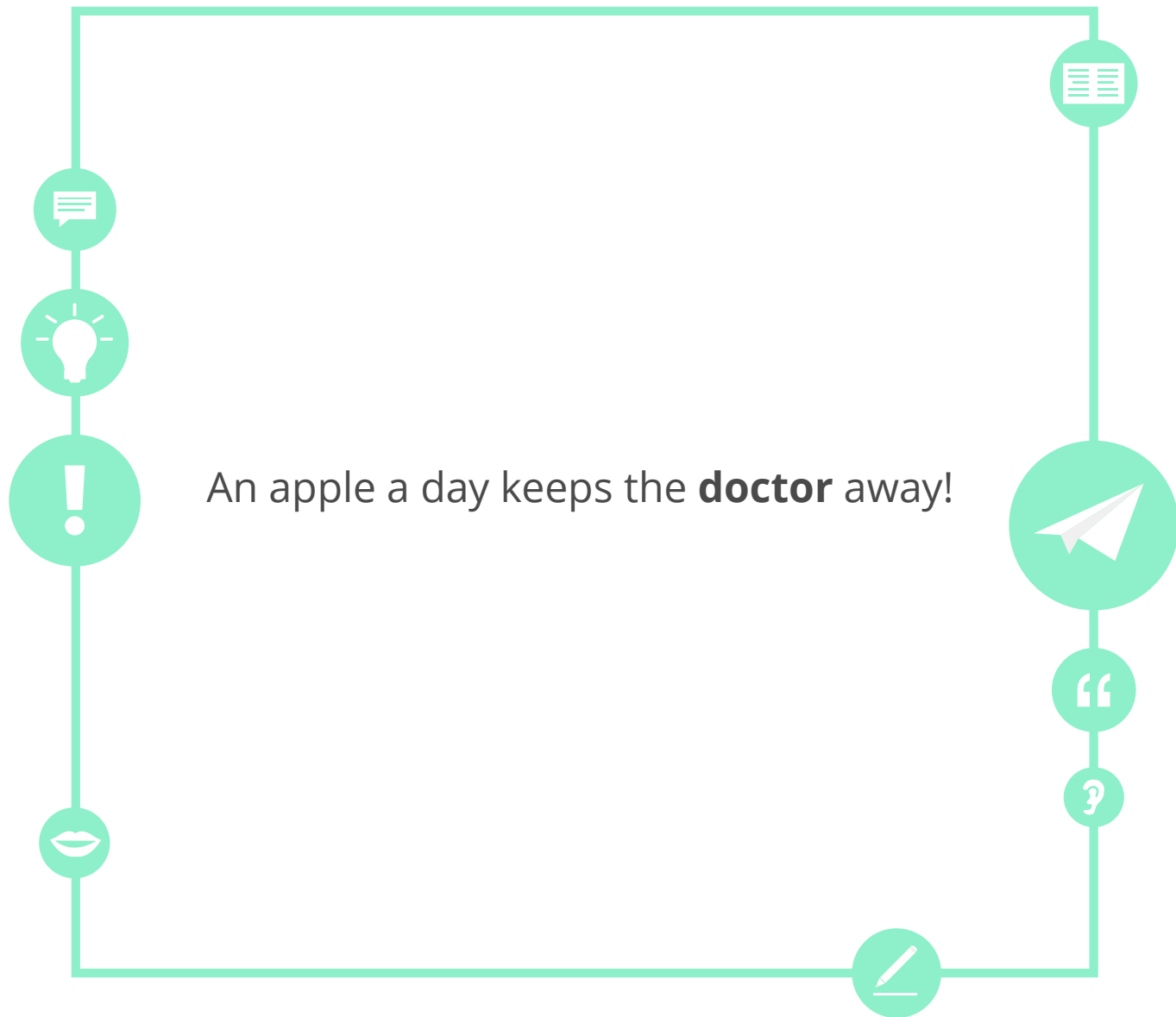




## Goals

- Can recognise and understand basic new words related to health
- Can use new vocabulary to form simple sentences talking about health and symptoms







## Preview and warm-up

- In this lesson, you will learn how to talk about your **health**.



I need to go to the **hospital**.

doctor



When you are sick, you go to a **doctor**.

patient



**Patients** visit the doctor.

hospital



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

medication



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



headache



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



## Talking about health



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

Where is the **hospital**?





## Talking about health



Some **doctors** work at the **hospital**.

**Medication** helps you feel better.



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

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





## Match the sentence to the picture

1. We are going to the hospital.

2. A patient sees a doctor.

3. Do you have a headache?

4. I need to buy some medication.



A



B



C



D



What can you see in the picture?



sick

doctor

hospital

medication



Use these words in a sentence

Patients

doctor

when

need

medication

go



unhealthy



Pizza, chips, and soda are a bit **unhealthy**.

healthy



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



sick



When I am **sick**, I do not go to work.

injury



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

to sneeze



She is **sneezing**.



## Talking about health



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

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





## Talking about health



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

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



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

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





What can you see in the picture?



sick

medication

doctor

injury



## Vocabulary brainstorm



What can you find in a hospital?



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

sick

headache

to sneeze

healthy



fever



When your head is too hot, you may have a **fever**.

a cold



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

## 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.



## Feeling sick



I have a bad **cold**.

I need to go to the doctor  
because I have a **fever**.





## Questions about health



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

Do you have a **fever**?



Do you take any **medication**?

You may have **the flu**.





## Write the statement as a question

1. They are sick.

→ Are they sick?

2. You have the flu.

→ \_\_\_\_\_  
\_\_\_\_\_

3. She is coughing and sneezing.

→ \_\_\_\_\_  
\_\_\_\_\_

4. We have a fever.

→ \_\_\_\_\_  
\_\_\_\_\_





## Describe the picture

A



B



C



D







## Read the text

I am quite a healthy person. I eat lots of fruit and vegetables. Each 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 to drink water. When I have the flu I drink hot drinks and stay warm. If that doesn't work, then I go to the doctor to get some medication.





## People

## Places

## Adjectives

## Verbs



## Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

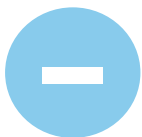
no




## Reflect on this lesson

Think about everything you have seen in this lesson.  
What were the most difficult activities or words? The easiest?



If you have time, go over  
the most difficult slides again



## Answer key

### Exercise p.11

1. A 2. B 3. D 4. C

### Exercise p.12

hospital

### Exercise p.13

Patients go to a doctor when they need medication.

### Exercise p.21

injury

### Exercise p.23

healthy

### Exercise p.30

2. Do you have the flu?
3. Is she coughing and sneezing?
4. Do we have a fever?

### Exercise p.31

A. hospital B. doctor C. medication D. injury

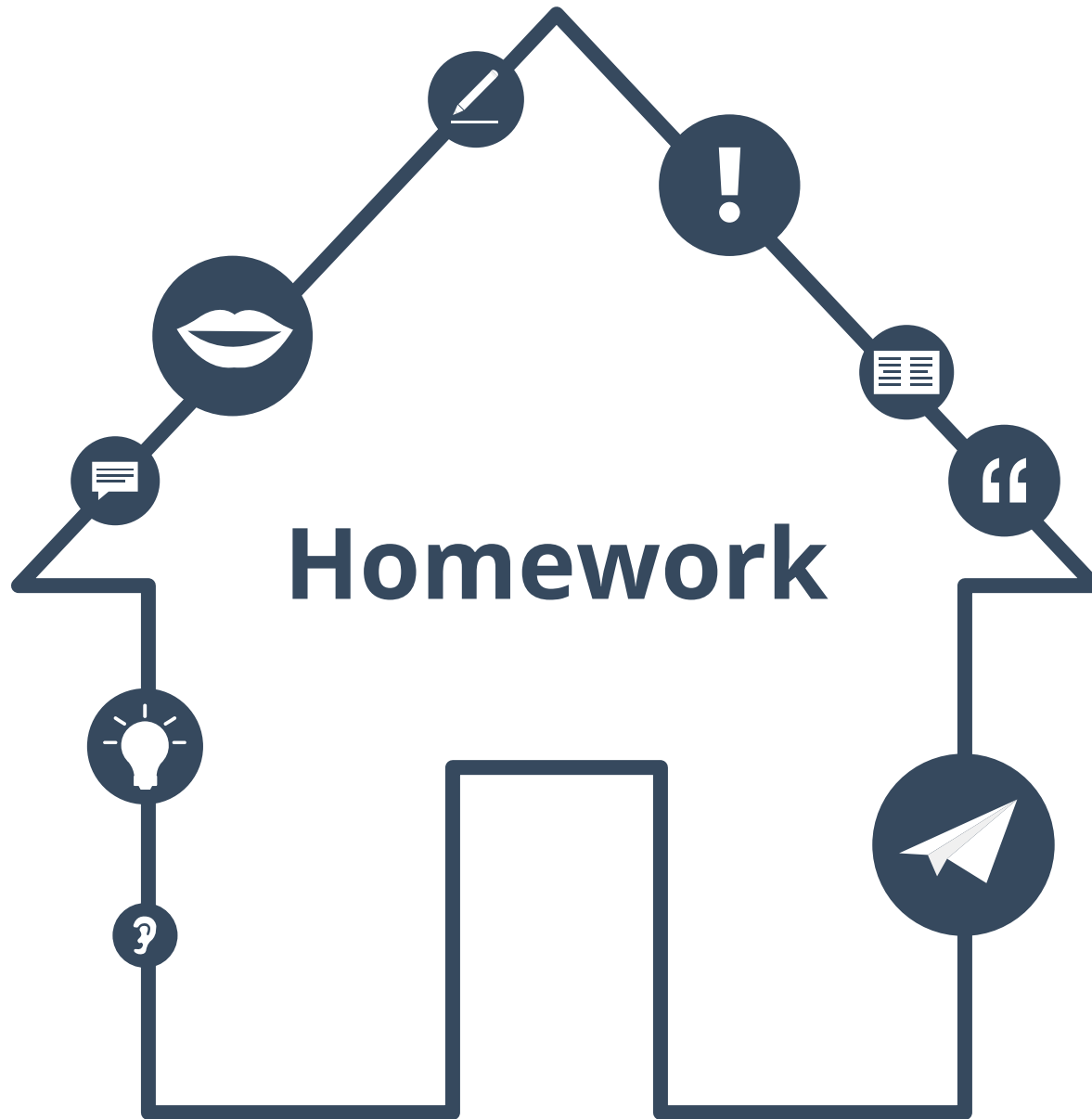
### Exercise p.33

People: doctor, patient

Places: hospital

Adjectives: sick

Verbs: to cough, to sneeze





## 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.

6. We can...

7. He has a bad cold.

a. He is going to the hospital.

b. go the doctor's office.

c. She has a headache.

d. I have a fever.

e. He is staying in bed.

f. coughing and sneezing.

g. medication when I am sick.



## Word search puzzle

Find the words!

1. unhealthy
2. fever
3. the flu
4. cough
5. medication
6. sick
7. doctor
8. hospital

A	V	Y	B	H	D	B	F	W
Z	M	L	L	C	O	U	G	H
F	E	V	E	R	C	G	L	O
C	D	W	Y	U	T	W	B	S
H	I	O	U	N	O	Y	H	P
M	C	O	U	H	R	L	G	I
T	A	T	H	E	F	L	U	T
R	T	Q	W	A	K	V	C	A
S	I	C	K	L	X	W	G	L
K	O	R	N	T	B	K	B	J
J	N	T	G	H	N	L	W	N
L	B	Y	S	Y	Q	Z	N	J





## Vocabulary lists

**Check the last five words of the lesson.  
Sort them into two lists.  
Give your lists a name.**

List 1: \_\_\_\_\_

---

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

List 2: \_\_\_\_\_

---

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Vocabulary lists

**Check the words of this lesson again: are there more nouns,  
verbs, adjectives or adverbs?  
Can you find three words for each list?**

Nouns

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Verbs

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Adjectives or adverbs

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## My favourite words

**Choose five words from the lesson and note them in your list of My favourite words.**

A spiral-bound notebook with a light grey cover and white pages. A white sticky note with a torn bottom edge is attached to the top of the notebook. The sticky note has the text "My favourite words" written on it. The notebook pages are lined, and the following text is written on them:

Word one

Word two

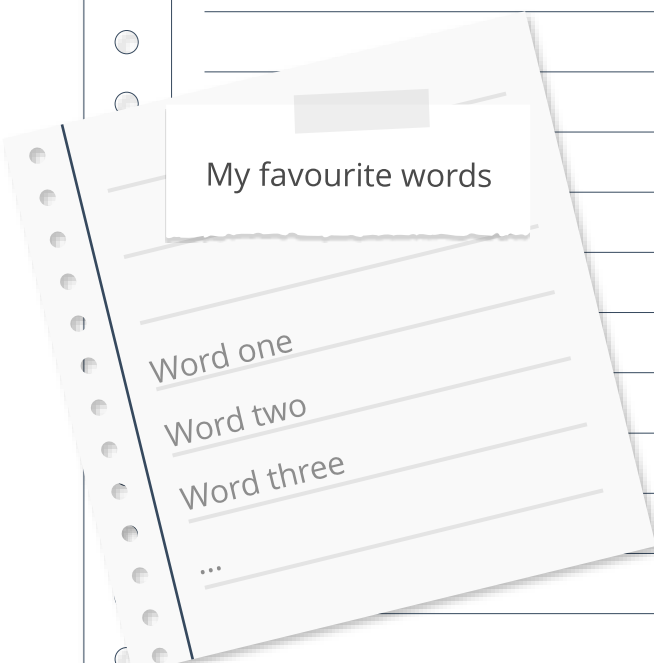
Word three

...



## My favourite words

Write a sentence for each word you have just written in your list of *My favourite Words*.



My favourite words

Word one

Word two

Word three

...

- Word one:  
Sentence one
- Word two:  
Sentence two
- ...



## Sentences about myself

**Choose five example sentences from this lesson.  
Copy them and write them about yourself.**



Examples:

Hello! My name is ...

→ Hello! My name is John.

I like apples

→ I like bananas

...



## Homework answer key

1. D  
2. G  
3. A  
4. F  
5. C  
6. B  
7. E



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