

Do You Have Health Issues?

Discussion

I washed my clothes.

What are your plans for the rest of the day?

I will do some work after the class.

I will help my daughter to study in the evening.

Do you really need to do that?

She has exams tomorrow and in two days.

How do you help her?

I correct her mistakes and encourage her.

We should promote independence in our children, so when they grow up, they can do things by themselves.

Do you have health issues?

I have an allergy.

How do you manage to control your allergy?

For medicine use the verb “take”

What was the last time you were sick?

I caught a cold last time.

I forgot the time.

What do you do to stay healthy?

I like to do some exercises.

What are some common health problems in China?

Diabetes is the big problem in China, as well as obesity.

I just said that even though people exercise they can still be fat if they eat bad food.

But people who eat healthy food will be slim without exercising.

People who have a risk of getting diabetes need to check their blood glucose regularly.

Do you have anyone in your family who suffers from diabetes?

My grandfather and uncle have diabetes.

Vocabulary

New words

1. suffer from(verb)
2. forget(verb)

3. mood(noun)
4. hair loss(noun)
5. exercise(verb)