



ILLNESS AND HEALTH



Scan to review worksheet

Expemo code:
15RZ-X7JD-X3C7

1

Illnesses

Study the medical problems on the left. Translate them using a dictionary. Match them to the possible causes on the right.

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|----------------------|--------------------------|
| 1. the flu | a. an allergy |
| 2. hay fever | b. bacteria in your food |
| 3. food poisoning | c. change in the weather |
| 4. a hangover | d. too many cigarettes |
| 5. a chest infection | e. too much alcohol |

Now study the symptoms below and match them to the medical problems above.

1. I keep coughing.
2. When I go outside, I can't stop sneezing.
3. I've got a headache.
4. I feel awful.
5. I've got a sore throat.
6. I've got a runny nose.
7. I've got a high temperature.
8. I feel tired.
9. I feel sick.



2 Remedies

Look at the remedies below. Which of the medical conditions in Ex1 can they be used to treat? Which remedy probably cannot be used to treat any of the problems?

1. Eat soup and drink water.
2. Get plenty of rest.
3. Stop smoking.
4. Take some cough medicine.
5. Take an aspirin.
6. Use a nasal spray.
7. Take some antibiotics.

3 Lifestyles

Match the verbs on the left with nouns on the right to make lifestyle phrases.

- | | |
|-----------|------------------------|
| 1. go to | a. 5 hours a night |
| 2. eat | b. a balanced diet |
| 3. have | c. a jog every morning |
| 4. stop | d. a lot of beer |
| 5. do | e. junk food every day |
| 6. go for | f. smoking |
| 7. sleep | g. some exercise |
| 8. drink | h. the gym |

Put 'H' (Healthy) or 'U' (Unhealthy) next to each lifestyle.

Now give advice to each of the people below like in the example.

"He should do some exercise."

1. Joe works very hard. He is often very stressed.
2. Patrick sits in front of the television all day. He has very little energy and is often ill.
3. Jane smokes too much. She is always coughing.
4. Andrew loves junk food. He eats burgers and pizza almost every day.
5. Mario spends a lot of time indoors.
6. Claire works very late. She only has 4 hours of sleep every night.



4

Health expressions

Match the verbs on the left with nouns on the right.

- | | |
|--|--|
| 1. I <u>caught a cold</u> last week and had to miss four days of work. | a. became healthy again |
| 2. The girl was ill but then she <u>got well</u> . | b. became ill with a cold |
| 3. My grandfather is <u>in very good shape</u> . He is even thinking about running a marathon. | c. eating less food or special kinds of food |
| 4. My mother is <u>out of shape</u> – she cannot even walk for longer than 20 minutes. | d. in bad physical condition |
| 5. You don't look well. I think you should <u>go for a check-up</u> . | e. in good physical condition |
| 6. Carol is <u>on a diet</u> . She wants to lose 10 kilos. | f. visit the doctor for an examination |