UNIT 4: Health and Fitness

Part 1: Describe the pictures:

Part 2: Reading and vocabulary:

If you feel under the weather, you can call the doctor and make an appointment. You can tell your doctor (GP) what your symptoms are. For flu these symptoms could be a high fever or aches and pains. Your GP may write you a prescription for some medicine. You take this to a chemist and get your medicine. Unfortunately, you may have side effects to the medicine and feel bad.

Most people like to keep fit and healthy. Some people exercise and watch what they eat and even go on a diet if they become too fat. Others take vitamin or mineral pills to stay healthy.

Part 3: Match the vocabulary:

	pharmacy, place where you get medicine
	meeting time
	unwell
	dull pain
	indication, sign something is wrong
	influenza
	piece of paper from doctor to get medicine
	be careful about what you eat
	something which gives you a negative effect
	high body temperature

Part 4: Fill in the gaps with the correct form from the new words above:

1) The man was feeling _____ so he went to his GP.
2) Ken became overweight after his holiday so he _____ last week.
3) The doctor gave him a _____ for his illness.
4) John had flu and one of his _____ was a sore throat.
5) The girl couldn't go to school because she had a high _____.
6) It can take a long time to get an _____ at the doctors.
7) After running the marathon last month all his muscles _____.
8) He cannot take antibiotics as he gets severe _____ such as a rash.
9) You can buy medicine and other goods at a _____.
10) In winter many people get a _____.

Part 5: Ask and answer with your partner:

1) Would you describe yourself as healthy or unhealthy? In what way?
2) What could you do to become healthier?
3) How often do you exercise?
4) When was the last time you did any sports?
5) How long does it usually take to get a doctor's **appointment** in your country?
6) Is it expensive to see a doctor in your country?
7) When was the last time you saw a dentist? Why?
8) When was the last time you got a **prescription**?
9) How often do you go to a **chemist**?
10) What are the **symptoms** of a cold?
11) When was the last time you had **flu**?
12) What do you usually do when you have a **fever**?
13) What advice would you give to someone whose muscles **ache**?
14) Do you eat healthy food?
15) Have you ever been **on a diet**?
16) What would you describe as a healthy diet?
17) When was the last time you felt **under the weather**?
18) What advice would you give to someone with a sore throat?
19) Do people in your country usually have a healthy lifestyle?
20) Do you know anyone who has **side effects** to anything?
21) Until what age would you like to live? Why?

Extension: write at least 4 questions about this topic to ask your partner.

22)
23)
24)
25)

Part 6: Write the questions to these answers:

1) _____?
   He went to the doctor because he felt under the weather.
2) _____?
   It took him three days to get an appointment.
3) _____?
   Coughing and a runny nose are symptoms of a cold.
4) _____?
   I can't go to work today because I have flu.
5) _____?
   Yes, I do have a fever.
6) _____?
   My back aches because I have been lifting heavy boxes all day.
7) _____?
   No, you have to pay for prescriptions.
8) _____?
   The nearest chemist is a five-minute walk from here.
9) _____?
   I am eating salad because I am on a diet.
10) _____?
   The side effects of the medicine include a rash and nausea.