

Warm up activity:

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1 What do you think about saying : We are what we eat.

1. What measures do you usually take when you catch a cold and want to feel better as soon as possible?

Ссылка на квизлет <https://quizlet.com/261188918/health-advanced-lesson-2-flash-cards/>

Task 1: Try to define whether the following terms have positive or negative meanings:

- be poorly – (negative)
- feel a bit under the weather - (negative)
- be on the mend - (positive)
- be back on one's feet again - (positive)
- be over the worst - (positive)
- get over - (positive)
- fight off - (positive)
- come down with - (negative)
- feel lousy - - (negative)

Task 2: Match the following terms with their definition:

- be poorly
- feel a bit under the weather
- be on the mend
- be back on one's feet again
- be over the worst
- get over
- fight off
- feel lousy
- come down with

1. To be in good health again after a period of injury or illness (**be on the mend**)
2. in poor health; somewhat ill (**be poorly**)
3. slightly ill because of weather conditions (**feel a bit under the weather**)
4. To become sick with (an [illness](#)) (**come down with**)
5. To overcome the most challenging part of the disease (**be over the worst**)
6. To get better after illness (**get over**)
7. Try to get rid of illness, disease (**fight off**)
8. To be in good health again (**be back on one's feet**)

9. Feel bad (feel lousy)

Task 3. Complete the dialogue with suitable words from the list below:

- be poorly
- feel a bit under the weather
- be on the mend
- be back on one's feet again
- be over the worst
- get over
- fight off
- come down with

EXAMPLE [Nurse to visitor in a hospital] I'm sorry, Mr Pickering is rather _____ poorly _____ today and we're not allowing visitors.'

1 [Someone speaking to a colleague just returned to work after an illness] 'Hello, Frank, good to see you _____. (**back on your feet**)'

2 [Person ringing their place of work] 'Jo, I won't be in today, I've _____ a cold.' (**come down with a cold**)

3 [Person in hospital, just beginning to get better, talking to a visitor] 'Oh, I'm OK. I'm _____ now. I still feel bad, but I should be out within a week or so.' (**over the worst now**)

4 [Parent to a child with a cold] 'Don't worry, darling. Everyone has a cold now and then, You'll _____ it.' (**get over it**)

5 [Someone to their partner, who is worried about them] 'Don't worry. It's nothing serious. I'm just feeling _____ that's all.' (**a bit under the weather**)

6 [Someone ringing a workmate] 'I'm trying to _____ the flu, but nothing seems to help. I don't think I'll be in work tomorrow.' (**fight off**)

7 Hilary was quite ill last week, but she's _____ now and should be back at work next week. (**on the mend**)

Task 4. Complete these sentences with words from the box. Use a dictionary if necessary:

(dosage, prescription, allergic to, medication, symptoms, vaccinations, sick note)

1. I can't take penicillin; I'm _____ it. (**allergic to**)
2. Before you take those pills, read the label to see what the correct _____ (**dosage**)

3. I'm going abroad next month so I have to get the necessary _____ (**vaccinations**)
4. If you consult a new doctor you should tell him or her if you are already on any _____ (**medication**)
5. Did the doctor give you a _____? Do you want me to take it to the chemist's for you? (**prescription**)
6. I told the doctor my _____ but I don't think she was listening. (**symptoms**)
7. The doctor gave me a _____ for my employer. I was off work for two weeks. (**sick note**)

Task 5. Rewrite the parts which are in brackets, using our active vocabulary list:

- **bunged up**
- **feverish**
- **stiff neck**
- **nauseous**
- **dizzy**
- **trembling**

1. I was feeling quite as if I had a high temperature. (**feverish**)
2. The drugs always gave her a feeling that she wanted to vomit. (**nauseous**)
3. I felt as if my head was spinning and went and lay down for an hour. (**dizzy**)
4. My nose was blocked so I got a spray from the chemist. (**bunged up**)
5. I got a pain in my neck from driving a long time in an awkward position. (**stiff neck**)
6. Joanna was shaking and looked unwell, so I asked her if she needed help. (**trembling**)