

Warm up activity:

1. What do you think about saying : We are what we eat.
2. 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
- 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
- feel lousy

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.
2. in poor health; somewhat ill.
3. slightly ill because of weather conditions.
4. To become sick with (an illness).
5. To overcome the most challenging part of the disease.
6. To get better after illness.
7. Try to get rid of illness, disease.
8. To be in good health again.
9. Feel bad.

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 _____ 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 _____.'

2 [Person ringing their place of work] 'Jo, I won't be in today, I've _____ 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.'

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

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.'

7 Hilary was quite ill last week, but she's _____ now and should be back at work next week.

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.
2. Before you take those pills, read the label to see what the correct _____
3. I'm going abroad next month so I have to get the necessary _____
4. If you consult a new doctor you should tell him or her if you are already on any _____
5. Did the doctor give you a _____? Do you want me to take it to the chemist's for you?
6. I told the doctor my _____ but I don't think she was listening.
7. The doctor gave me a _____ for my employer. I was off work for two weeks.

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.
2. The drugs always gave her a feeling that she wanted to vomit.
3. I felt as if my head was spinning and went and lay down for an hour.
4. My nose was blocked so I got a spray from the chemist.
5. I got a pain in my neck from driving a long time in an awkward position.
6. Joanna was shaking and looked unwell, so I asked her if she needed help.