

Warm up activity:

- What are some things that cause stress?
- What do you do, if you can't get to sleep?
- What are the areas of your life where stress situations take place more often?
 - Work?
 - Family?
 - Relationships with friends?
 - While commuting to work?
- How do you usually cope with stress?
 - What is binge eating?
 - Have you ever experienced binge eating?

<https://quizlet.com/262207129/health-advanced-lesson-045-flash-cards/>

Task 1: Choose the most suitable word or phrase:

1. There were ten people waiting in the doctor's office/surgery/ward.
2. After I ate the shellfish. I experienced/fell/happened ill.
3. George's cut arm took over a week to cure/heal/look after.
4. David fell down the steps and twisted his ankle/heel/toe.
5. Everyone admired Lucy because she was tall and skinny/slim/thin.
6. I've been digging the garden and now my back aches/pains/injuries.
7. Whenever I travel by boat I start feeling hurt/sick/sore.
8. The doctor can't say what is wrong with you until she cures/examines/recovers you.
9. Use this thermometer and take his fever/heat/temperature.
10. I seem to have caught/infected/taken a cold.

Task 2: Complete each sentence with one suitable word.

EXAMPLE: I am afraid she is suffering (*from*) an incurable disease.

1. I was _____agony all night with earache.
2. I think you've put _____a lot of weight lately.
3. The effect of this drug will slowly wear.
4. You really get _____my nerves sometimes!
5. After Jack fainted it was several minutes before he _____ around.
6. Is Carol being operated_____tomorrow?
7. Harry went _____with flu during his holiday.
8. Peter was treated_____minor injuries and shock.
9. Don't worry. I'll take care _____you myself.

Task 3: Multiple choice test:

1. Pauline_____birth to a baby girl yesterday afternoon.
A) was B) put C) had D) gave
2. Your leg isn't broken but it is badly _____

- A) fractured B) bruised C) bandaged D) bent
3. Several angry drivers shook their _____ at me as I drove away.
A) fists B) arms C) hands D) elbows
4. That was a bad fall! Have you _____ yourself?
A) harmed B) damaged C) wounded D) hurt
5. Each time I sneezed, everyone said. _____ you!
A) Cough B) Bless C) Cold D) Thank
6. Stop making that noise! You're getting on my _____!
A) muscles B) brains C) nerves D) blood
7. As the little boy cried, large _____ rolled down his cheeks.
A) drips B) tears C) puddles D) streams
8. I had severe toothache and half my face was badly _____.
A) swollen B) rounded C) exploded D) injured
9. I've got a headache, and I don't feel very _____.
A) healthy B) fit C) sane D) well

Task 4. Fill in the gaps with the most suitable word.

1. In November 2005, a teenage girl with a peanut _____ died after kissing her boyfriend, who had just eaten a peanut butter snack.
2. The _____ knife found near the body was obviously the murder weapon.
3. This toy is not recommended for little children, as there are small pieces which they could put in their mouth, and _____ on.
4. Sitting too close or too far from your computer can _____ your eyes.
5. Hens do not have to be _____ to lay eggs; the rooster is needed only to fertilize the egg.
6. The _____ laws of Jews and Muslims forbid the eating of pork.
7. A single _____ of her medicine costs \$50.
8. Be careful with those peaches; I don't want you to _____ them.
9. When we smile broadly, we use seventeen _____.
10. I'll make you _____ if you don't pay me what you owe me!
11. A fireman was treated in hospital after _____ in toxic fumes from a chemical fire.