

Speaker 1: Speaker 2: Speaker 3:

from Ex. 5a.

6 Have you/your friends ever experienced any health problems/injuries? Describe what happened and how you felt.

7 Complete the sentences with the verbs in the correct form.

1 Applying this ointment will help the wound faster.

2 The accident victim was taken to hospital to be for minor cuts and bruises.

3 These heat compresses really help back pain.

4 The fracture was slow to due to the age of the patient.

5 The article suggests certain breathing exercises in order to anxiety.

8 Match the conditions to the complaints.

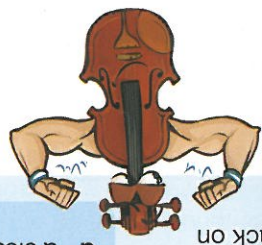
Health conditions

1 "My grandma suffers from stiff joints."
 2 "I have a terrible headache and nausea."
 3 "Tony has a very painful muscle spasm."
 4 "My nose is blocked and my face is swollen."

• migraine • sinusitis • cramp • arthritis

9 Match the two columns to make idioms. (idioms related to health)

Which idiom matches the picture?



- | | |
|----------------------------|------------|
| <input type="checkbox"/> 1 | be fit as |
| <input type="checkbox"/> 2 | feel out |
| <input type="checkbox"/> 3 | be given |
| <input type="checkbox"/> 4 | be back on |
- | | |
|---|------------------------|
| a | one's feet |
| b | a fiddle |
| c | of sorts |
| d | a clean bill of health |

Something to be thankful for

There is a lot to be thankful for in life but studies have shown that we should give thanks for (1) itself. It is important to (2) the goodness in life and the positive emotion of being grateful allows us to do just that. That does not mean we should ignore everyday troubles and (3) but rather just change our focus. People who are grateful report a variety of benefits, both psychological and physical. Their (5) are strengthened as they allow themselves to show appreciation while at the same time they are quick to (6) that others value them too. Being grateful can (7) one's life from negative and miserable to positive and (8) and that is definitely worth being thankful for.

- GRATEFUL
- IDENTITY
- COMPLAIN
- CONSIST
- RELATE
- KNOW
- FORM
- MEAN

12 Read the text. Use the words in capitals to form words that fit the gaps (1-8).

Word formation

- 1 My grandfather passed **over/away** last month at the ripe old age of 92.
- 2 Apply the cream twice a day and the rash will clear **up/away** in no time.
- 3 It's vital to wind **on/down** after a stressful day.
- 4 Mr Jones has pulled **back/through** and is home from the hospital.
- 5 She takes vitamins in order to ward **off/away** winter colds.
- 6 Doing rigorous exercise certainly works **up/out** an appetite.

Phrasal verbs

- 1 Carol is obsessed her weight and is almost constantly on a diet.
- 2 Stress takes its toll the body both mentally and physically.
- 3 Nurses try to put their patients ease.
- 4 It's okay to eat sweets moderation.
- 5 After two weeks in hospital, Jacob is finally the road to recovery.
- 6 You will soon see the benefits exercising.