

## A2.4 Health and Illness

### Useful Language:

- I do 30 minutes of exercise every day.
- I have a terrible cold and a sore throat.
- The doctor said it was a virus.

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**How healthy are you? Do this light-hearted quiz and discuss the answers with your partner. Which of the choices is closest to the answer you would give?**

### How Healthy Are You?

**1.) Can you easily run to catch a bus?**

- a.) No problem!
- b.) It sounds a bit difficult.
- c.) No way! I'll wait for the next one.

**2.) Do you do the recommended 30 minutes of exercise every day?**

- a.) Every day without any exceptions.
- b.) Once or twice a week, but not every day.
- c.) What is 'exercise'? I think I remember it from my schooldays.

**3.) Do you try to eat fresh fruit and vegetables five times a day?**

- a.) Certainly, I love apples and celery.
- b.) I manage three times a day.
- c.) Actually, I prefer crisps and chocolate.

**4.) Can you touch your toes?**

- a.) Easily, it's no effort at all.
- b.) Yes, but it's a bit of a strain.
- c.) I can't even see my toes!

**5.) Do you avoid cigarettes and alcohol?**

- a.) I am teetotal and have never smoked.
- b.) I only drink at weekends and am sometimes a social smoker.
- c.) I drink most evenings and smoke a pack a day.

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Now read the analysis of your answers. How much do you agree?

### *Mostly 'a' answers*

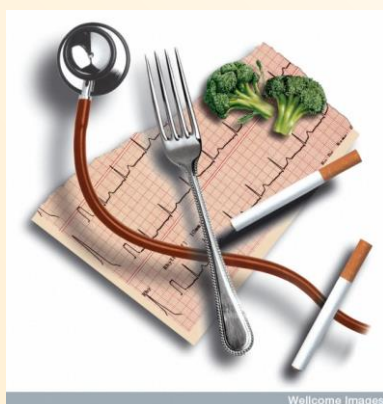
*You are a keep-fit fanatic! You are full of energy and will probably live to be one hundred years old. You make all your friends feel bad because they can't manage to eat as well as you, or do so much exercise.*

### *Mostly 'b' answers*

*You are like most of us. You want to be energetic and always healthy, but from time to time you forget what the doctors say we should do and just live for today.*

### *Mostly 'c' answers*

*You are living dangerously. You probably think that you don't need to worry now and that maybe you will never need to worry. But be careful! You should be good to yourself. Remember that your health is the most important thing you possess.*



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**A2.4 Health and Illness**

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**It doesn't matter how much you try to be fit and healthy, we all become ill sometimes.**



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**Can you match the description of symptoms in the boxes to the pictures above?**

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**I have been depressed recently. I never normally feel depressed. Carrying all this extra weight and feeling sick in the mornings obviously don't help. In my condition, I don't want to take antidepressants, so I just hope it will pass.**

A

**It's just a cold, but it's still annoying. I have the usual cough and blocked nose. It started with a sore throat and then I was worried that it might be 'flu' because I felt so terrible. But, it has not got any worse, so I think it's just a cold.**

B

**My daughter was looking very pale, did not want to eat and had a rash on her cheeks. When I checked her temperature it was really high, so we called the doctor immediately. However, the doctor said it was a virus, just a minor infection and she should be better in a week.**

C

**Jimmy bumped his head when he was playing with a friend in the nursery. Any bumps on the head at his age can cause concern, so naturally we took him to the doctor. But the doctor said it was just a bruise and prescribed some ointment to rub on the swelling.**

D

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**Discuss the questions in the box with your partner. Try to answer as fully as possible.**

- Have you ever tried to diet?
- If yes, what diet did you try and did it work?
- Do you think men worry as much as women about their weight?
- If not, why not?
- What age do you want to live to?
- Who is the oldest person you know?
- Is it expensive to see the doctor in your country?
- What are the most common illnesses in your country?
- What are the symptoms?
- When was the last time you went to the doctor?
- If you could be a doctor, what kind would you be?
- Have you ever tried alternative kinds of therapy, such as acupuncture or homeopathy?
- Do you think they work?
- Do you think vegetarians are healthier than people who eat meat?
- Who is the healthiest person you know?

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**Write a list of tips (pieces of advice) on how to stay healthy. You should include advice on diet and exercise. You should also include advice about what to do if you become sick with minor illnesses like coughs, colds and headaches.**

