



STAYING HEALTHY





ABC CHALLENGE

Think of the words connected with the topic of staying healthy/hospital/doctors/illnesses/ body parts that begin with each letter of the alphabet.

A		H		O		V	
B		I		P		W	
C		J		Q		X	
D		K		R		Y	
E		L		S		Z	
F		M		T			
G		N		U			



POSSIBLE ANSWERS

Think of the words connected with the topic of staying healthy/hospital/doctors/illnesses/ body parts that begin with each letter of the alphabet.

A ankle

B breathe

C cough

D doctor

E eye

F finger

G germ

H hospital

I illness

J jaw

K knee

L lung

M muscle

N nurse

O organ

P pulse

Q quit (about habits)

R rest

S sleep

T temperature

U ultrasound

V vitamins

W wrist

X X-ray

Y yawn

Z Zinc

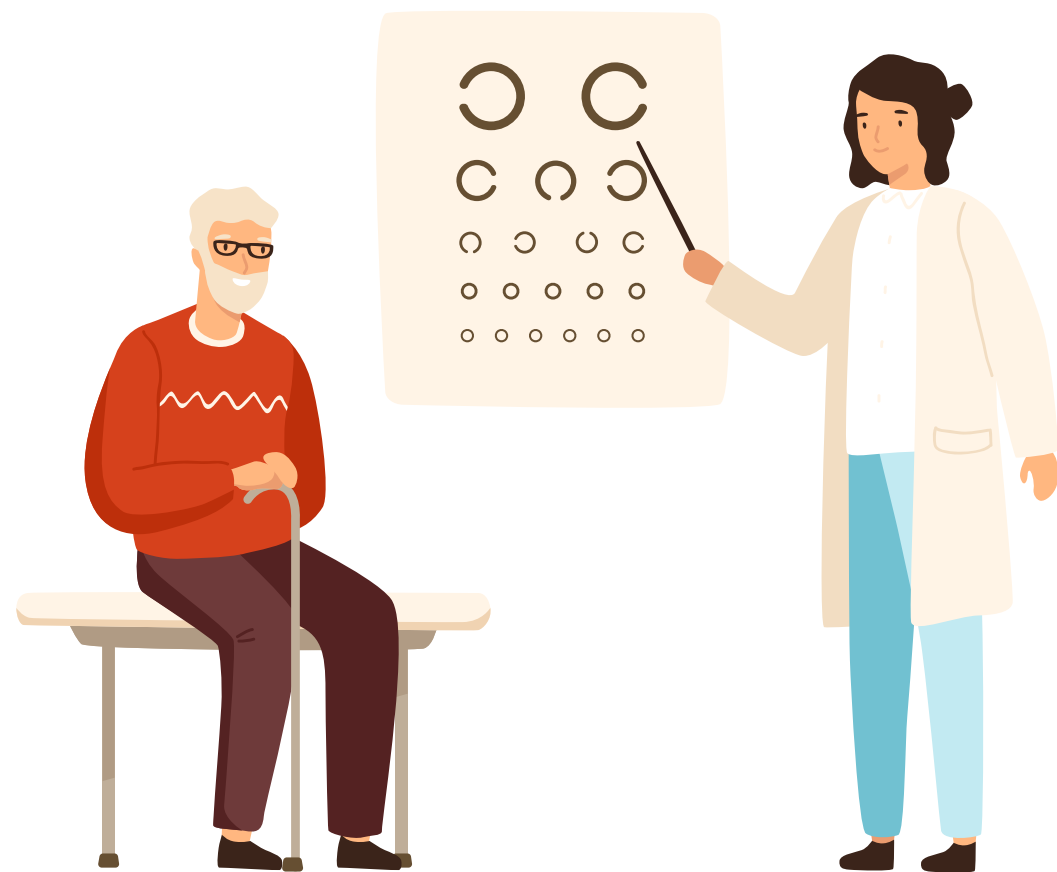


LET'S TALK

What are some common reasons people go to the doctor?

How do you feel when you have to visit the doctor?

How often should one visit the doctor for a check-up?



Can you think of any ways to make a trip to the doctor more enjoyable?

What advice would you give someone who is nervous about visiting the doctor?

VOCABULARY



a cold



a sore throat



a stomach ache



a headache



a runny nose



a cough



an earache



a toothache



a rash



a fever/a high temperature

LET'S PRACTICE

*I think she/he has got.....
Her aches*

1. Read the sentences and complete each sentence with the correct word.

2. Look at pictures and name the symptoms.

1. Alex went to the dentist yesterday. He had _____.
2. Emily is ill. She has _____, runny nose and high temperature.
3. Tim has _____. His nose is constantly dripping.
4. Jack has _____. He doesn't feel well after eating something.
5. Lucy has _____. She feels very hot, and her body is warm to touch.
6. Lisa has _____. She has pain in her head.
7. Peter has _____. His ear hurts whenever he touches it.
8. Sarah's throat hurts when she swallows. She has _____.
9. I have _____. I feel chilly, and my body is shivering.
10. Tom has _____. His skin is turning red.



ANSWERS

*I think she/he has got.....
Her aches*

1. Read the sentences and complete each sentence with the correct word.

1. Alex went to the dentist yesterday. He had a toothache.
2. Emily is ill. She has a cough, runny nose and high temperature.
3. Tim has a runny nose. His nose is constantly dripping.
4. Jack has a stomach ache. He doesn't feel well after eating something.
5. Lucy has a fever/a high temperature. She feels very hot, and her body is warm to touch.
6. Lisa has a headache. She has pain in her head.
7. Peter has an earache. His ear hurts whenever he touches it.
8. Sarah's throat hurts when she swallows. She has a sore throat.
9. I have a cold. I feel chilly, and my body is shivering.
10. Tom has a rash. His skin is turning red.

2. Look at pictures and name the symptoms.



a runny nose



a cough



a sore throat



a fever/ a high temperature



a stomach ache



an earache



a rash



a toothache



a headache



CROSSWORD

Complete the crossword together or individually to revise the vocabulary.

Students can get a link and complete the crossword on their device to practice spelling.

07 Pick a word ✓

2
1

4

9

7

5

3

10

6

8

PLAY NOW

LET'S READ

Put the lines in correct order and read the dialogue.

Person 2: Good afternoon, Mr.White. I've been having a cough, a runny nose, and a sore throat.

Person 2: Thank you, doctor. I'll follow your advice and take care of myself.

Person 1: Don't worry, a common cold is not very serious. You can try cough syrup. Make sure to rest and drink plenty of water.

Person 1: Thank you. Hmm, your temperature seems normal. Based on your symptoms, it appears that you might have a common cold.

Person 2: Oh, I was afraid it might be something serious. What can I do to feel better?

Person 2: Alright, here it is.

Person 1: Good afternoon! How can I help you today?

Person 1: You're welcome!

Person 1: I see. Let's start by taking your temperature. Please place this thermometer under your tongue.



ANSWERS

Put the lines in correct order and read the dialogue.

2 Person 2: Good afternoon, Mr.White. I've been having a cough, a runny nose, and a sore throat.

8 Person 2: Thank you, doctor. I'll follow your advice and take care of myself.

7 Person 1: Don't worry, a common cold is not very serious. You can try cough syrup. Make sure to rest and drink plenty of water.

5 Person 1: Thank you. Hmm, your temperature seems normal. Based on your symptoms, it appears that you might have a common cold.

6 Person 2: Oh, I was afraid it might be something serious. What can I do to feel better?

4 Person 2: Alright, here it is.

1 Person 1: Good afternoon! How can I help you today?

9 Person 1: You're welcome!

3 Person 1: I see. Let's start by taking your temperature. Please place this thermometer under your tongue.



LET'S PRACTICE!

HEALTH PROBLEMS AND THEIR SOLUTIONS

Match the solutions with the health problems (drag them).

Solutions:

- take a painkiller
- drink herbal tea
- use tissues
- use a special spray
- drink tea with honey
- take a pill
- take a painkiller
- see a dentist
- use special drops
- sleep/rest

genially Education

Match different health problems with their solutions.

You can complete this task individually or together.

PLAY NOW



MORE VOCABULARY

Read about the difference in meaning between the words below.

ache

a feeling of discomfort, usually not so serious, happening inside

- When you have a toothache, you should go to the dentist.
- If you have a headache, take a pill.

pain

a feeling of discomfort resulting from an illness or a trauma.

- John fell down and hurt his knee, which resulted in pain.
- The doctor gave me medicine to help with the pain in my back.

sore

a feeling of discomfort that is often the result of overuse, injury, or infection

- After playing football for hours, my legs were sore.
- I slept in an uncomfortable position, and now my neck is sore.

hurt

injure physically

- The little girl cried because she hurt her finger while playing with her toys.
- Jack fell on the wet floor and hurt his arm.

2. Complete the sentences with one of the four words: ache, pain, sore, hurt.

1. After the long hike, my legs were _____.
2. I have a/an _____ in my head; I think I need to rest.
3. I burned my hand, and it really _____.
4. He fell while running and felt a _____ in his side.
5. Be careful with that broken glass; it might _____ you.
6. My feet are so _____ from wearing tight shoes all day.



ANSWERS

Read about the difference in meaning between the words below.

ache

a feeling of discomfort, usually not so serious, happening inside

- When you have a toothache, you should go to the dentist.
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2. Complete the sentences with one of the four words: ache, pain, sore, hurt.

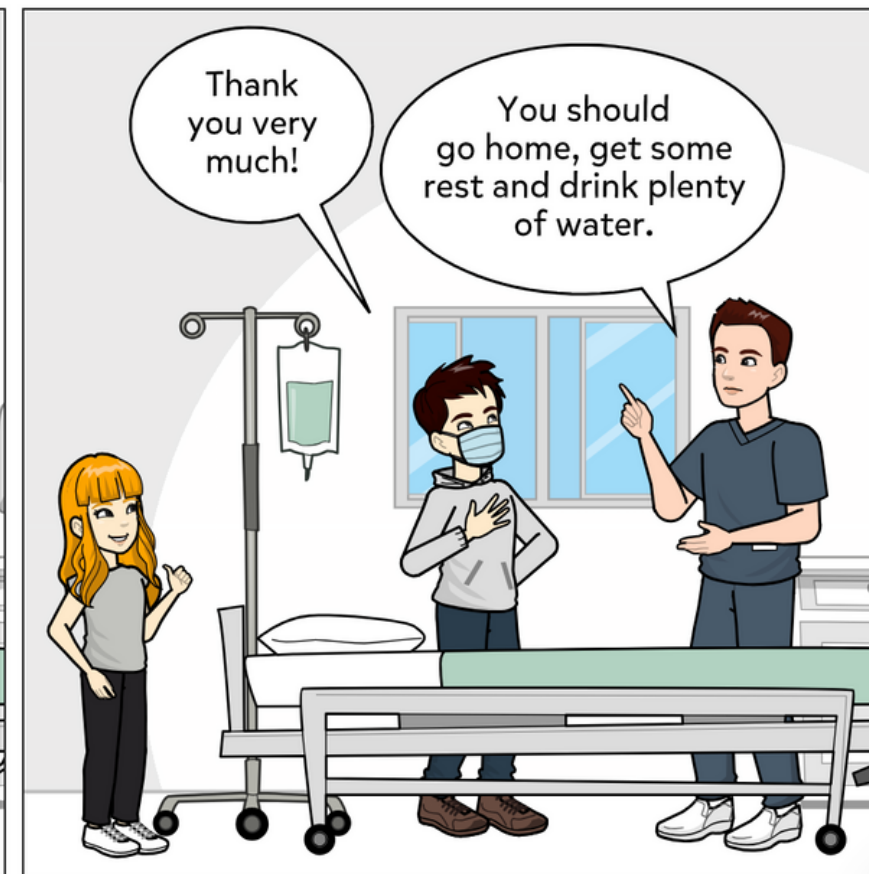
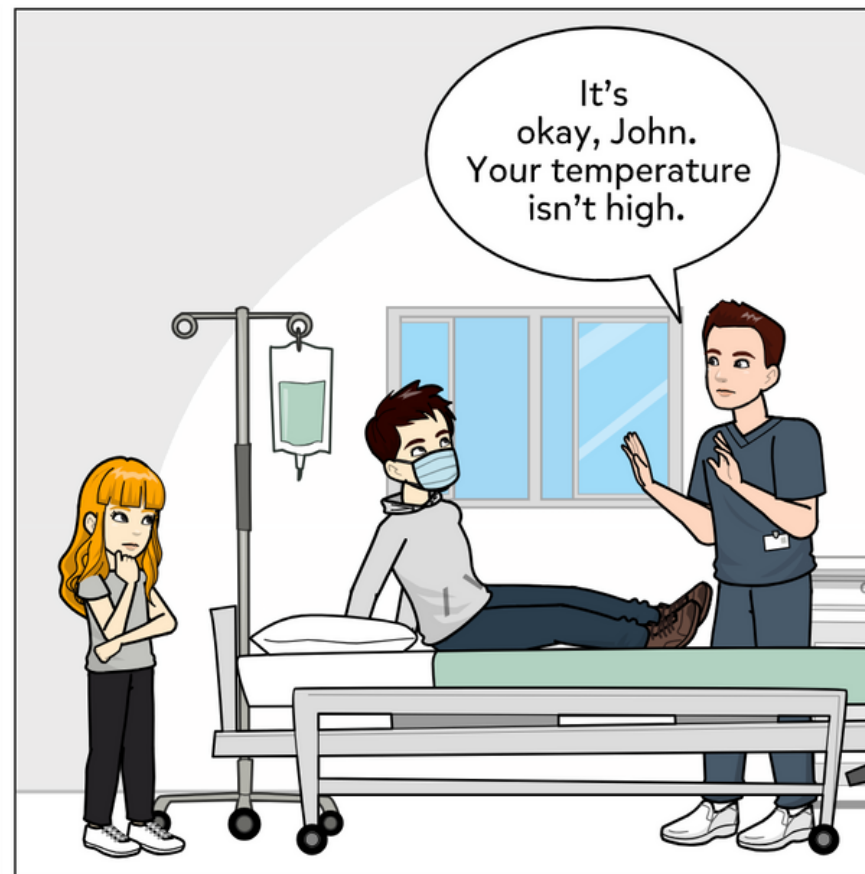
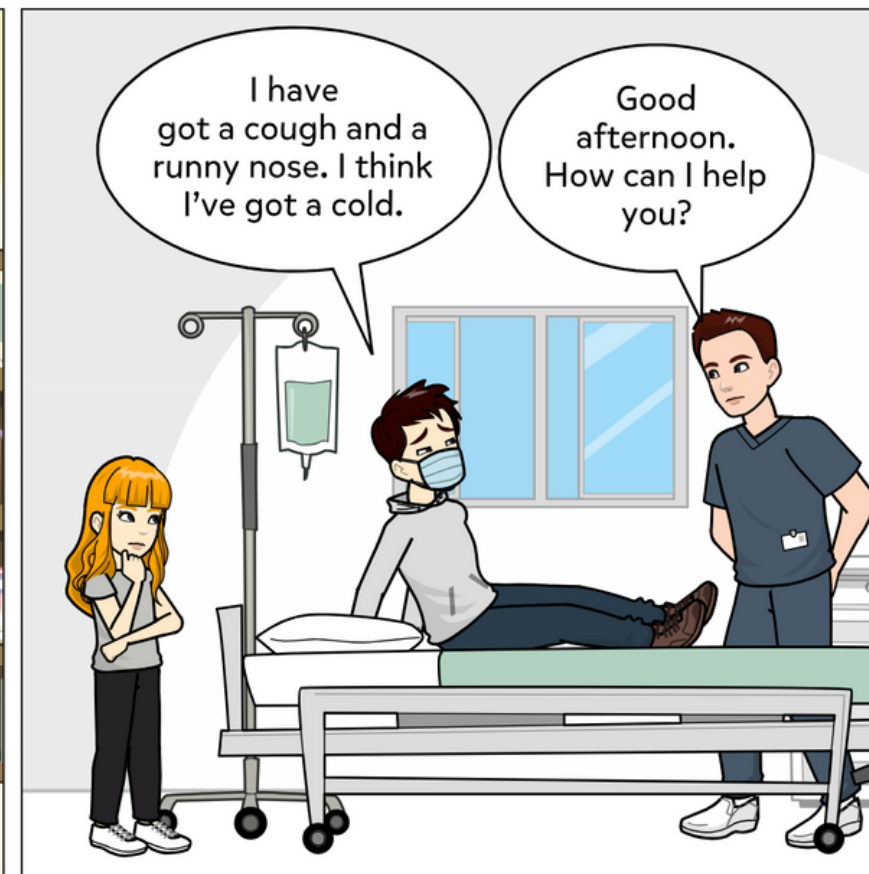
1. After the long hike, my legs were sore.
2. I have an ache in my head; I think I need to rest.
3. I burned my hand, and it really hurts.
4. He fell while running and felt a pain in his side.
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LET'S READ

Read the comics.

Write down all the useful phrases about health and illnesses. Then, create your own sentences with them.



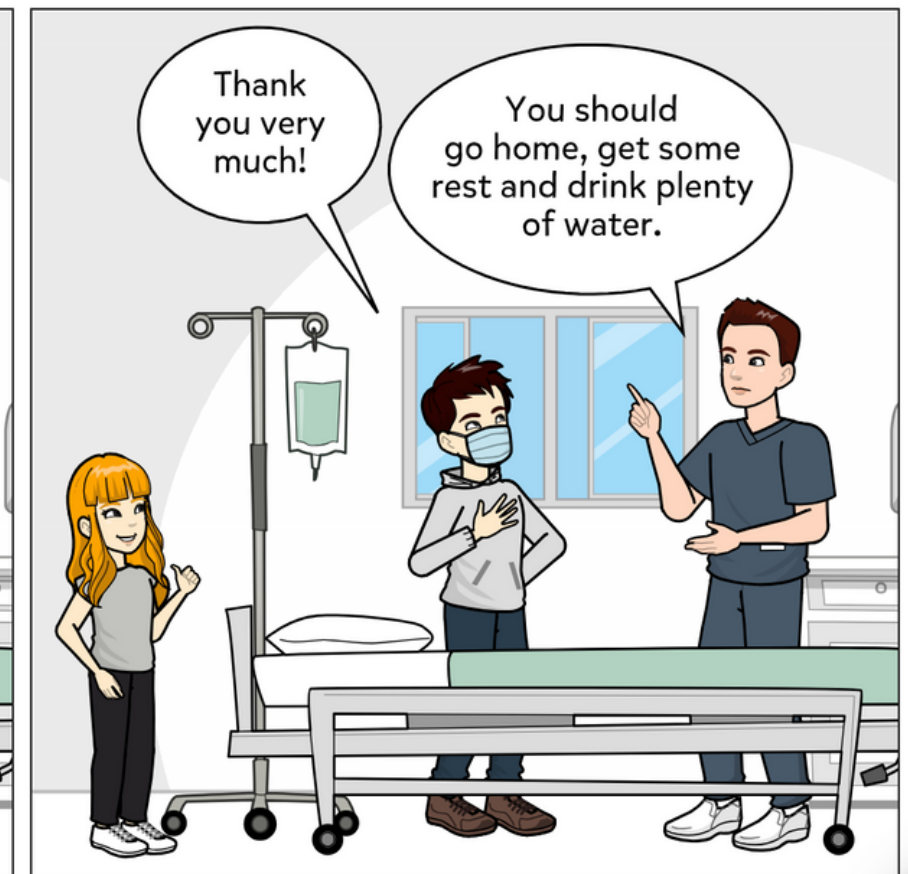
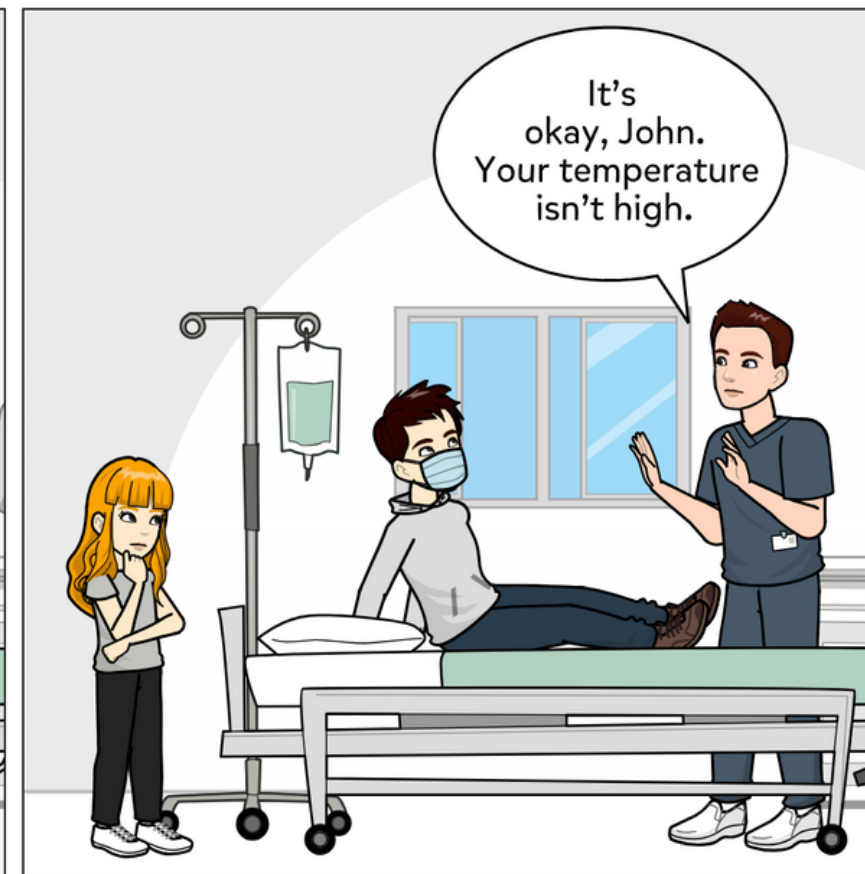
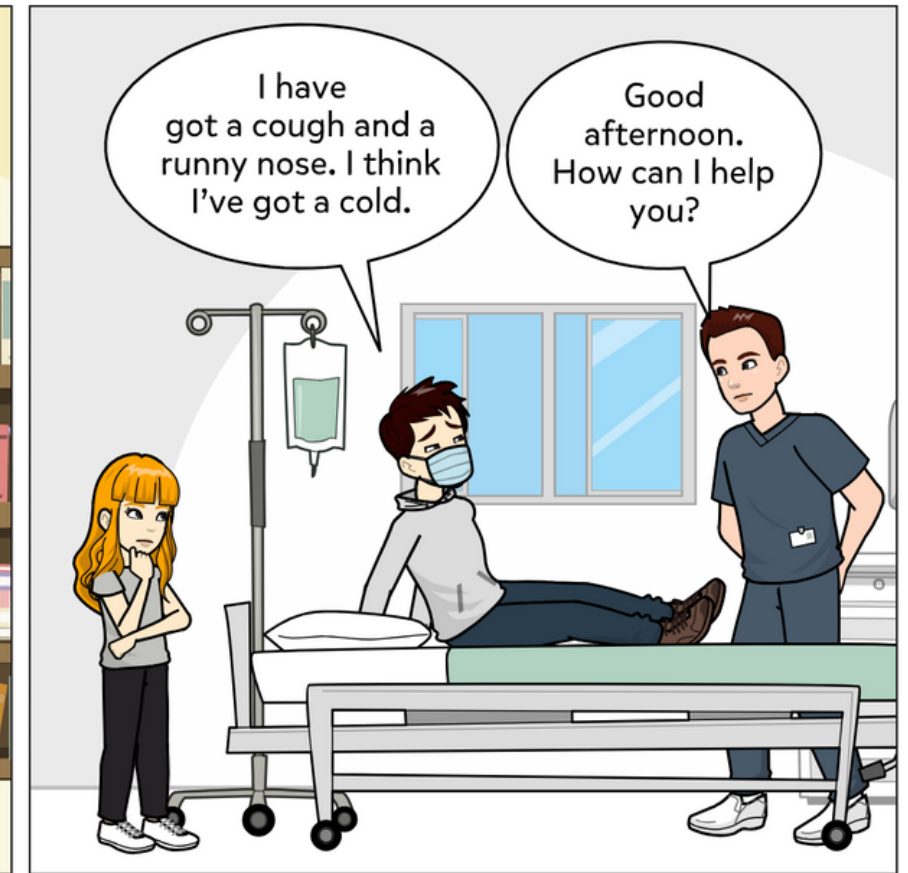
Handwriting practice area with multiple horizontal lines for writing.

ANSWERS

Read the comics.

Write down all the useful phrases about health and illnesses. Then, create your own sentences with them.

- wear a mask
- (not) feel well
- go to the doctor's
- have (got) a cough/a runny nose
- have (got) a cold
- take somebody's temperature
- get some rest
- drink plenty of water



MODAL VERBS

Modal verbs are a special kind of verbs in English that are used to express different degrees of possibility, ability, permission, necessity, or advice.

Subject + V (base form of the verb without 'to')

must

100% obligation

You **must** call the doctor if your temperature is very high.

should

advice

You **should** drink warm tea when you have a cold.

may

possibility 50/50 or permission

I **may** visit my doctor if he has time. May I help you?

might

small possibility

I **might** have a cold. I don't feel very well.

can

ability or request

I feel pain in my ear. **Can** you buy me some medicine?



LET'S PRACTICE

Read and match sentence halves. There can be more than one possible answer.

1. You mustn't go outside without a scarf in winter

2. If you have a rash,

3. You must wear warm clothes

4. You mustn't ignore a high temperature;

5. You might need to see a dentist

6. You shouldn't eat spicy food

7. You could try drinking hot tea with honey

8. May I use a warm compress

9. You should drink plenty of water

10. You can take special drops

a. for a runny nose.

b. you should consult a doctor ask why your skin is red.

c. if you have a sore throat.

d. if you have a stomach ache.

e. if you have a headache.

f. it's important to call the doctor.

g. if you have a toothache.

h. when you had a cough.

i. for an earache?

j. especially in autumn if you have a cold.



POSSIBLE ANSWERS

1. C, 2. B, 3. J, 4. F, 5. G, 6. D, 7. H, 8. I, 9. E, 10. A.

1. You mustn't go outside without a scarf in winter

2. If you have a rash,

3. You must wear warm clothes

4. You mustn't ignore a high temperature;

5. You might need to see a dentist

6. You shouldn't eat spicy food

7. You could try drinking hot tea with honey

8. May I use a warm compress

9. You should drink plenty of water

10. You can take special drops

c. if you have a sore throat.

b. you should consult a doctor ask why your skin is red.

j. especially in autumn if you have a cold.

f. it's important to call the doctor.

g. if you have a toothache.

d. if you have a stomach ache.

h. when you had a cough.

i. for an earache?

e. if you have a headache.

a. for a runny nose.





QUIZ TIME!

ENG HUB

FORTUNE COOKIES: MODAL VERBS

Choose a cookie you would like to open. Click on it and complete the task. Use the appropriate modal verb. You will also see some lucky coins. Click the home button to continue playing. Don't forget to keep track of the number of cookies. The winner is the player who has more coins.



PLAY NOW

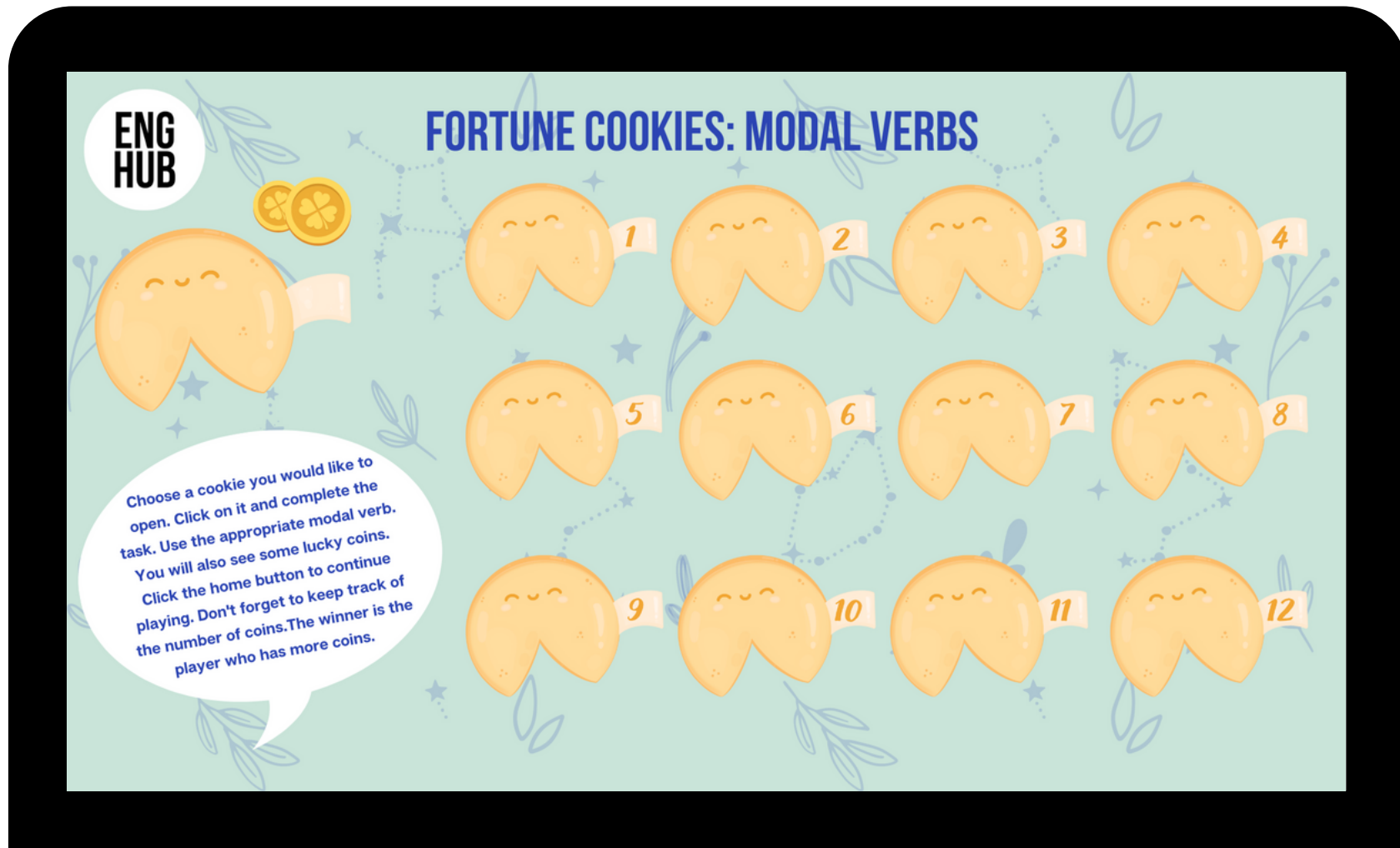
Have fun practicing modal verbs.

You can complete the quiz together or individually.



POSSIBLE ANSWERS

Sometimes more than one answer is possible.



PLAY NOW

1. We should eat lots of vegetables and fruits every day to stay healthy.
2. Children should get at least 8 hours of sleep every night for proper growth.
3. You shouldn't drink sugary drinks all the time as they can be bad for your teeth.
4. Eating too much junk food might lead to weight gain and health problems.
5. May/Can you please pass me the water? I'm feeling thirsty.
6. If you feel sick, you should see a doctor to get better.
7. To stay healthy, we should drink plenty of water every day.
8. We shouldn't forget to cover our mouths with a tissue when we cough or sneeze.
9. To stay healthy, we should exercise regularly, even if it's just a short walk.
10. If you have a fever, you must stay home and rest.
11. If you have a headache, you should take a pill.
12. Children shouldn't spend too much time in front of screens.



ROLE-PLAY

Pair up with a partner or form small groups of 2-3 students.

Choose one of the scenarios provided below or create your own scenario where you need to visit the doctor.

Going to the dentist

One of the friends has a toothache and decides to make an appointment at the dentist's. Other friends know how scary it can be and offer their company.

Football match

Two friends were playing football at school. One of the friends fell and hurt his leg. They discuss who they should call to ask for help.

Have a cold

Two classmates were walking outside in winter without scarves and now one of them has a sore throat. They discuss the reasons and solutions of this problem.

Spicy food

Brother and sister went to the restaurant and ate spicy dishes. Now both of them have stomach ache. They call the doctor to ask for help and medication.



EXTRA PRACTICE

Sometimes more than one answer is possible.

Read and complete the sentences with the correct form of must/should/can/could.



1. You _____ eat too much junk food. It's not good for your health.
2. We _____ talk during the movie. It's impolite.
3. Sarah _____ go to bed early tonight. She has an important test tomorrow.
4. They _____ play outside when it's raining. They might get sick.
5. He _____ swim very well when he was younger.
6. You _____ park your car here. It's a no-parking zone.
7. I _____ attend the party tonight. I'm not feeling well.
8. We _____ forget to bring our umbrellas. It might rain later.
9. You _____ bring your passport for international travel.
10. She _____ go to the concert last night. She had a previous engagement.

POSSIBLE ANSWERS

Sometimes more than one answer is possible.

Read and complete the sentences with the correct form of must/should/can/could.



1. You shouldn't eat too much junk food. It's not good for your health.
2. We mustn't talk during the movie. It's impolite.
3. Sarah should go to bed early tonight. She has an important test tomorrow.
4. They shouldn't play outside when it's raining. They might get sick.
5. He couldn't swim very well when he was younger.
6. You can't park your car here. It's a no-parking zone.
7. I can't attend the party tonight. I'm not feeling well.
8. We shouldn't forget to bring our umbrellas. It might rain later.
9. You must bring your passport for international travel.
10. She couldn't go to the concert last night. She had a previous engagement..



Revise the words for the next lesson. Use this Quizlet set. You can also play different games to practice or even test yourself in the Quizlet app or on the site.





THANK YOU!

