



evropský
sociální
fond v ČR



EVROPSKÁ UNIE



MINISTERSTVO ŠKOLSTVÍ,
MLÁDEŽE A TĚLOVÝCHOVY



OP Vzdělávání
pro konkurenceschopnost

INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

(18) HEALTH AND HYGIENE

- conversation questions

(vocabulary practice)

HEALTH AND HYGIENE – Vocabulary practice

1.1 What do you do to keep fit?

Which of the following do you think is (the most) important to keep fit?

avoid stress – be on a diet – do sports regularly – follow a sensible diet – get enough sleep
give up smoking – reduce stress – – walk a lot – work out in the gym – not worry too much

Can you think of any other things that are important to keep fit? Add them on the list.

.....

Read the following statement. Do you agree or disagree with it? Support your opinion.

Prevention is better than cure.

.....

1.2 When should you (A) see a doctor and when is it OK (B) to just treat yourself?

Divide the following ideas into two groups.

*something (really) bad has happened – you are tired – you don't feel well – you have a cold
– you have a headache – you've broken a bone (your arm/leg) – you've had a temperature
for more than 3 days – you've twisted your ankle*

(A)

(B)

1.3 When and why did you last see your doctor?

Put the following expressions into order in which they usually happen when you see a doctor.

*examine him/her – listen to his/her patient's complaint – make a diagnosis – tell him/her
what (not) to do to get well as soon as possible – write a prescription*

Now talk about the last time when you saw a doctor.

1.4 What do you do when you have a cold?

Read the text below. Complete the gaps with appropriate VERBS in their correct form. (There may be more than one answer possible.) Then change the text so that it is true about yourself.

I usually _____ in bed and try to _____. Mum usually _____ me tea with lemon and honey. I _____ any pills if I don't have to.

1.5 What stresses you the most? How can you reduce stress?

Talk about yourself. Use some of the following ideas/structures or use your own ideas.

cramped spaces – crowded places – exams (in general / oral ~ / written ~) – family matters – (a lot of) homework – lack of money – talking in front of the class – time pressure

- *I think ... is very stressful.*
- *I get very nervous when ...*
- *... stresses me a lot.*
- *I prefer ...*

1.6 Have you been to the hospital much?

Match a word from (A) with a word from (B) to make compound words / collocations. Then use the expressions to talk about your personal experience.

(A) *break – food – have – last – local – operating – stay – stay in*

(B) *a bone (arm/leg) – hospital – in hospital – overnight – poisoning – theatre – time – an X-ray*

1.7 Would you like to become a doctor? Why / not?

Answer the questions below. The following ideas might help you.

deal with people – patient (adj) – demanding work – mission – rewarding – study for a long time – work long hours – work shifts

What are the advantages / disadvantages of working as a doctor?

.....

What qualities should a good doctor have?

.....

What skills should a good doctor have?

.....

1.8 Illnesses and medication – VOCABULARY PRACTICE (EXTENSION)

Divide the following words into four groups.

*constipation – cough – crutch – diarrhoea – fracture – indigestion – lozenge – ointment – painkiller
– plaster cast – the runs – sneeze – a sore throat – splint – swollen tonsils – tranquilliser*

A broken leg	A cold	Stomach problems	Medication
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

1.9 Medical equipment – VOCABULARY PRACTICE (EXTENSION)

Fill in the missing vowels to get 8 medical words. Explain what these things are used for.

B _ ND _ G _

PL _ ST _ R

C _ _ GH S _ R _ P

SL _ NG

D _ NT _ L FL _ SS

S _ R _ NG _

inter-dental T _ _ THBR _ SH

STR _ TCH _ R

1.10 Multiple choice – odd one out – VOCABULARY PRACTICE (EXTENSION)

(In: Belán, Juraj. *Vocabulary practice – Cvičebnice anglické slovní zásoby*. Didaktis. Brno 2006)

- 1) I've been feeling *under the weather* / *in the pink* / *out of sorts* / *off colour* for a few days. I think I'll go to see my GP tomorrow.
- 2) There's a *cavity* / *crack* / *hole* / *mistake* in my wisdom tooth. I've got to see my dentist as soon as possible.
- 3) Luckily, I managed to *shrug off* / *get rid of* / *fight off* / *prevent* my cold in a few days.
- 4) I may have food poisoning. I *threw up* / *hiccupped* / *vomitted* / *was sick* five times last night.
- 5) You should watch what you eat if you have *stomach trouble* / *stomach-ache* / *an upset stomach* / *a pain stomach*.
- 6) I don't think we should visit him if what he has is *infectious* / *contagious* / *moving* / *catching*.
- 7) I have to take these *tablets* / *plasters* / *pills* / *drops* three times a day for seven days.
- 8) I *sprained* / *rubbed* / *twisted* / *injured* my wrist while I was playing tennis two weeks ago, and it still hurts.
- 9) This is the best cream for *hurt* / *painful* / *aching* / *sore* joints on the market.
- 10) It wasn't such a nasty fall after all. I only had a few *grazes* / *cracks* / *bruises* / *scratches* on my left leg.