

TALKING ABOUT HEALTH

Level 1

Talking about health
Focusing on health vocabulary & body

KRISTOF.ABRATH.COM



Introduction

1. When was the last time you were sick?
2. How often are you sick?
3. What do you do when you are sick?
4. Do you often go to the doctor?



Vocabulary

Make a list of health vocabulary

For example:

- **doctor**
- **medicine**
- **vitamines**

Practice 1

1. You feel hot you must **have a runny nose/a temperature**.
2. Can you get me a paper tissue? I **have a runny nose/ a sore throat**.
3. I need to **blow my nose/ cough**. Can you get me a paper tissue please?
4. It's spring again the flowers are blooming and I **have hay fever/ diarrhea**.
5. Does it have peanuts inside because I **have a runny nose/am allergic to them?**
6. MMM some tea with honey, that will help with my **temperature/ sore throat**.
7. There is so much dust in the room I can't stop **sneezing/ having a temperature**.
8. That food from yesterday was off, and now I **have a runny nose/ diarrhea**.
9. All that smoke in the air really makes me **cough/ have a temperature**.



Practice 1 Answer Key

1. You feel hot, you must **have a temperature**.
2. Can you get me a paper tissue? I **have a runny nose**.
3. I need to **blow my nose**. Can you get me a paper tissue please?
4. It's spring again the flowers are blooming and I **have hay fever**.
5. Does it have peanuts inside because I **am allergic to them**?
6. MMM... some tea with honey, that will help with my **sore throat**.
7. There is so much dust in the room I can't stop **sneezing**.
8. That food from yesterday was off, and now I **have diarrhea**.
9. All that smoke in the air really makes me **cough**.



Practice 2

Have allergies have hay fever cough sneeze diarrhea blow your nose
have a temperature have a runny nose sore throat

1. I hatewith all the pollen in the air.
2. I always in paper tissues.
3. Spicy food always gives me
4. I alwaysduring spring.
5. You have a terrible, you need to stop smoking.
6. Ito seafood, It makes me swell up.
7. When someone you say bless you.
8. I think you, can I measure it?
9. A spoon of honey always helps with my



Practice 2 answer key

1. I hate **having hay fever** with all the pollen in the air.
2. I always **blow my nose** in paper tissues.
3. Spicy food always gives me **diarrhea**.
4. I always **have a runny nose** during spring.
5. You have a terrible **cough**, you need to stop smoking.
6. I **am allergic** to seafood, It makes me swell up.
7. When someone **sneezes** you say bless you.
8. I think you **have a temperature**, can I measure it?
9. A spoon of honey always helps with my **sore throat**.



Speaking

1. Do you often **sneeze**?
2. What makes you **sneeze**?
3. Do you **cough** a lot?
4. Do you use paper tissue to **blow your nose** or a cloth handkerchief?
5. What do you do when you **have a sore throat**?
6. Do you **have hay fever**?
7. Do you know someone who has **hay fever**?
8. Are you **allergic to** something?
9. What do you do when you **have a temperature**?
10. What do you do when you **have a runny nose**?
11. What helps you when you **have diarrhea**?



Speaking 2

1. Are you healthy?
2. Do you eat healthy food?
3. Do you exercise?
4. How often do you go to the doctor?
5. Do you often go to the dentist?
6. Do you take any supplements (vitamins/ minerals)?
7. Do you smoke?
8. Do you think you are overweight?
9. Have you ever gone on a diet?
10. Do you often eat junk food?
11. Are you taking any medication right now?
12. Have you ever broken a bone?



Vocabulary consolidation

Tell your partner which vocabulary about nature you remember



Vocabulary consolidation

- **Have allergies**
- **have hay fever**
- **To cough**
- **To sneeze**
- **To have diarrhea**
- **To blow your nose**
- **To have a temperature**
- **To have a runny nose**
- **A sore throat**



Online English classes

The Online English classes are on a **voluntary contribution basis**. This means you can **pay as much or as little as you want/can**. I've set the basic contribution at **9 euros per 1 hour class**.

If you can't pay right now, **maybe you can pay later**. If you want to pay more, no problem. For example you pay 2 classes, so someone else can have the class for free. You want to pay less no problem. Just pick how much you'd like to pay below:

