

# TALKING ABOUT HEALTH

## *Level 2*

Talking about health and relaxing  
Focusing on health phrasal verbs

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# 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:**

- **Health care**
- **To be sick**
- **wound**

# Practice 1

1. I had too much to drink and then **passed out/swelled up** in the bathroom.
2. Eating tomatoes makes me **pull through/break out** in a rash.
3. My back is **acting up/cared for** again. It always does this in the winter.
4. She was seriously ill but she finally **pulled through/ blocked up**.
5. I **cared for/passed out** my mother when she was ill.
6. I sprained my ankle and now it's all **swollen up/blocked up**.
7. I need some tissues, my nose is **blocked up/acting up** again.
8. I think I've **come down/ thrown up** with the flu, I don't feel all too well.
9. That seafood didn't agree with me, I think I'm going to **pass out/throw up**.



# Practice 1 Answer Key

1. I had too much to drink and then **passed out** in the bathroom.
2. Eating tomatoes makes me **break out** in a rash.
3. My back is **acting up** again. It always does this in the winter.
4. She was seriously ill but she finally **pulled through**.
5. I **cared for** my mother when she was ill.
6. I sprained my ankle and now it's all **swollen up**.
7. I need some tissues, my nose is **blocked up** again.
8. I think I've **come down** with the flu, I don't feel all too well.
9. That seafood didn't agree with me, I think I'm going to **throw up**.



# Practice 2

**pull through   pass out   block up   swell up   come down   care for   throw up   act up  
break out in a rash**

1. Drinking milk gives me eczema and makes my skin .....
2. It was so hot and crowded at the concert he .....
3. I think I.....with something, I really don't feel all too great.
4. You sound funny, is your nose .....again?
5. Is there anyone who ..... you when you are sick at home?
6. I think I'm getting old, my back is always .....
7. Please open the car window, I think I'm going to .....
8. I got several bee stings and now my face is all .....
9. I'm happy you .....we were seriously worried about you.



# Practice 2 answer key

1. Drinking milk gives me eczema and makes my skin **break out in a rash**.
2. It was so hot and crowded at the concert he **passed out**.
3. I think I'm **coming down** with something, I really don't feel all too great.
4. You sound funny, is your nose **blocked up** again?
5. Is there anyone who **cares for** you when you are sick at home?
6. I think I'm getting old, my back is always **acting up**.
7. Please open the car window, I think I'm going to **throw up**.
8. I got several bee stings and now my face is all **swollen up**.
9. I'm happy you **pulled through** we were seriously worried about you.



# Speaking

1. Have you ever **passed out**?
2. Have you ever **broken out in a rash**?
3. Is there some part of your body that sometimes **acts up**?
4. Have you ever had to **pull through** a serious illness?
5. Have you ever **cared for** someone sick?
6. Have you ever had some part of your body **swell up**?
7. Do you sometimes have a **blocked up** nose?
8. How many times per year do you **come down with** the flu?
9. Have you ever had to **throw up**?





# 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

- **To pull through**
- **To pass out**
- **To block up**
- **To swell up**
- **To come down**
- **To care for**
- **To throw up**
- **To act up**
- **To break out in a rash**

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