

TALKING ABOUT HEALTH

Level 3

Talking about health and relaxing
Focusing on health idioms

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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:

- **To have surgery**
- **Over the counter drugs**
- **A prescription**

Practice 1

1. I'm not really a **bundle of nerves/a laid back** kind of person.
2. After that night of heavy drinking I felt **as sick as a dog/as fresh as a daisy**.
3. Just reading a book in the garden really helps **me break out in cold sweat/recharge my batteries**.
4. Tomorrow I'm **going under the knife/recharging my batteries** and getting my appendix removed.
5. I really have issues with migraines and then I always have **a frog in my throat/ a splitting headache**.
6. Lately I'm really **a bundle of nerves/as fresh as a daisy**, I guess it's all the extra work.
7. I just can't be on stage, I always **feel as sick as a dog/break out in cold sweat**.
8. I slept 12 hours straight, I must have been really tired, but now I feel **as fresh as a daisy/ as sick as a dog**.
9. Maybe some tea with honey will help me with my **frog in my throat/ splitting headache**.



Practice 1 Answer Key

1. I'm not really a **laid back** kind of person.
2. After that night of heavy drinking I felt **as sick as a dog**.
3. Just reading a book in the garden really helps me **recharge my batteries**.
4. Tomorrow I'm **going under the knife** and getting my appendix removed.
5. I really have issues with migraines and then I always have a **splitting headache**.
6. Lately I'm really a **bundle of nerves**, I guess it's all the extra work.
7. I just can't be on stage, I always **break out in cold sweat**.
8. I slept 12 hours straight, I must have been really tired, but now I **feel as fresh as a daisy**.
9. Maybe some tea with honey will help me with my **frog in my throat**.



Practice 2

recharge your batteries **as fresh as a daisy** **as sick as a dog** **go under the knife** **a frog in your throat**
splitting headache **break out in cold sweat** **bundle of nerves** **laid back**

1. I'm afraid of and really don't like hospitals.
2. My job is really stressful, I'm always a.....
3. Every time I think about doing a presentation I
4. I couldn't speak all day,
5. I had toafter the heavy working week.
6. I felt and couldn't leave my bed.
7. I woke up well rested and felt.....
8. I wish I could be and relaxed about it but I just worry.
9. I need to lay down, I'm having a.....



Practice 2 answer key

1. I'm afraid of **going under the knife** and really don't like hospitals.
2. My job is really stressful, I'm always a **bundle of nerves**.
3. Every time I think about doing a presentation I **break out in cold sweat**
4. I couldn't speak all day, **I had a frog in my throat**.
5. I had to **recharge my batteries** after the heavy working week.
6. I felt **as sick as a dog** and couldn't leave my bed.
7. I woke up well rested and felt **as fresh as a daisy**.
8. I wish I could be **laid back** and relaxed about it but I just worry.
9. I need to lay down, I'm having a **splitting headache**.



Speaking

1. How do you **recharge your batteries**?
2. When was the last time you felt **as fresh as a daisy**?
3. Have you ever felt **as sick as a dog**?
4. Have you ever **gone under the knife**?
5. Have you ever **had a frog in your throat**?
6. Have you ever had a **splitting headache**?
7. Have you ever **broken out in cold sweat**?
8. Are you sometimes a **bundle of nerves** or are you always **laid back**?



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

- **To recharge your batteries**
- **To be as fresh as a daisy**
- **To be as sick as a dog**
- **To go under the knife**
- **To have a frog in your throat**
- **To have a splitting headache**
- **To break out in cold sweat**
- **To be a bundle of nerves**
- **To be laid back**



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:

<https://kristof.abrath.com/live-classes/>

