

Lesson 14: Hospital and Health

Warm-up questions:

How would you rate your current health condition from 1(not healthy) to 10(very healthy)?

How often do you get sick?

Have you ever called in sick to work? How many sick days do you get?

Voc/Expressions:

I feel under the weather today.

I'm a bit out of it today.

I have a headache/stomache/a sore throat.

I think I'm coming down with something.

I have been better.

I feel pain when I...

Making an appointment:

I would like to make an appointment.

Would it be possible to see the doctor tomorrow?

Could I make an appointment?

Can I arrange an appointment?

Describing symptoms/illness:

I have... a fever/a headache/a stomachache/a migraine/a pain in my shoulder/a cough/
nausea/sore muscles/a tingling feeling in my arm

Giving suggestions/treatments:

You have to... take a rest./drink plenty of fluids./get a cast.

You should... not drink alcohol./get a second opinion./take some pain killers.

Activity:

Best medicine is prevention - You and your partner need to brainstorm and come up with a health campaign for your school or office to promote a healthier lifestyle.

Discuss some ways people can improve their health and create a poster to promote your health campaign.

What do you think about the following quotes?

"An apple a day keeps the doctor away."

"God heals, and the doctor takes the fees."

"A good laugh and a long sleep are the best cures in the doctor's book."

Discussion Questions:

Do you always eat healthy food?

Do you consider alcohol a drug?

Do you drink a lot?

Do you eat a lot of fruits and vegetables?

Do you exercise?

What kind of exercise do you do?

How often do you exercise?

Do you go for regular medical check-ups?

Do you have a lot of stress?

How can you reduce stress in your life?

Do you have any allergies?

Do you know anyone who suffers from backaches?

Do you often eat fast food?

Do you take vitamins or mineral supplements?

Do you think pets are good for a person's health?

Do you usually get enough sleep?

Do you watch your weight? What foods do you think are healthy?

How have you been feeling lately?

How often do you eat junk food?

What kinds of junk food do you eat?

What's your blood type?

What are the advantages or disadvantages of modern medicine?

What are the advantages or disadvantages of traditional medicine?