



## Health: Talking about symptoms

### Warm-up Discussion:

1. Do you think you are a healthy person? How would you rate your current overall health from 1(very bad) to 10(very good)?
2. How often do you get sick or visit a hospital?
3. What is the best thing to do to stay healthy?

### Expressions: Not feeling well.

- I feel under the weather today.
- I'm a bit out of it today.
- I think I'm coming down with something.
- I've been better.
- I feel terrible/sick.
- I don't feel well.

### Expressing Symptoms:

I feel...

- ...nauseous.
- ...dizzy.
- ...weak.
- ...short of breath.
- ...fatigued/tired.

I have...

- ...a headache.
- ...a stomachache.
- ...a stuffy nose.
- ...a runny nose.
- ...a fever.
- ...a sore throat.
- ...a loss of appetite.

I have pain...

- ...in my chest.
- ...in my hip.
- ...in my ribs.
- ...in my stomach.
- ...in my mouth.

I have been...

- ...vomiting./puking./throwing up.
- ...coughing.
- ...sneezing.
- ...wheezing.

1. What are the common symptoms of a cold?
2. What are the common symptoms of food poisoning?
3. What are the common symptoms of pregnancy?
4. What are the common symptoms of a hangover?
5. What are the common symptoms of...?

### More discussion:

1. Describe the last time you got really sick or injured.
2. Who is the healthiest person you know?
3. How often do you visit a hospital or see a doctor?
4. Do you prefer traditional medicine or modern medicine?
5. What's more important, exercise or diet?
6. What's more important, looking good or feeling good?