



HEALTH AND LIFESTYLE



1

Warm up

In pairs, discuss the following questions.

1. What does "living a healthy lifestyle" mean to you? Is it something you find easy or challenging to maintain?
2. In your opinion, what are the biggest health challenges people face today?
3. How do you feel about current diet trends, like vegetarianism, veganism or intermittent fasting?
4. Do you think people today are generally more or less active than in the past? What do you think has caused this change?
5. What are some common misconceptions about mental health that you think need to be addressed?
6. If you could change one thing about your health habits, what would it be and why?





2 Symptoms

Part A: Study the different symptoms below. Your teacher will explain any words you don't know.

- I feel *itchy / shivery / drowsy / restless / irritable / dizzy*
- I keep *coughing / sneezing / wheezing / sweating*
- I feel like *vomiting / fainting*
- I've got *diarrhoea / a runny nose / a splitting headache / a high temperature*

Part B: In pairs, study the following complaints. Which medical problem does each patient have? Sometimes more than one answer is possible.

chicken pox

flu

hay fever

insomnia

migraine

vertigo

1. _____ "I'm covered in red spots and I feel itchy all over."
2. _____ "I feel weak and shivery. I've got a temperature and I keep sweating."
3. _____ "I've got a runny nose and I keep sneezing all the time. Whenever I go out in the garden, my eyes become itchy and watery."
4. _____ "I can't fall asleep at night – I feel too restless. During the day, I feel irritable and I just can't focus."
5. _____ "I've got a splitting headache. Every time there is a change in temperature, I feel awful."
6. _____ "Whenever I go up an escalator I start to feel dizzy. Sometimes it's so bad, I almost feel like fainting."





3 Injuries

In pairs, match the following medical solutions with the injuries they help to heal or support.

- | | |
|-----------------|--------------------|
| 1. crutches | a. deep cut |
| 2. sling | b. broken back |
| 3. stitches | c. bruise |
| 4. a plaster | d. broken leg |
| 5. an ice pack | e. broken arm |
| 6. a neck brace | f. whiplash injury |
| 7. a wheelchair | g. small cut |

Have you, your friends or family ever needed any of these solutions?

4 Lifestyle

Part A: Study the phrases and decide whether they correspond to a healthy lifestyle or an unhealthy lifestyle.

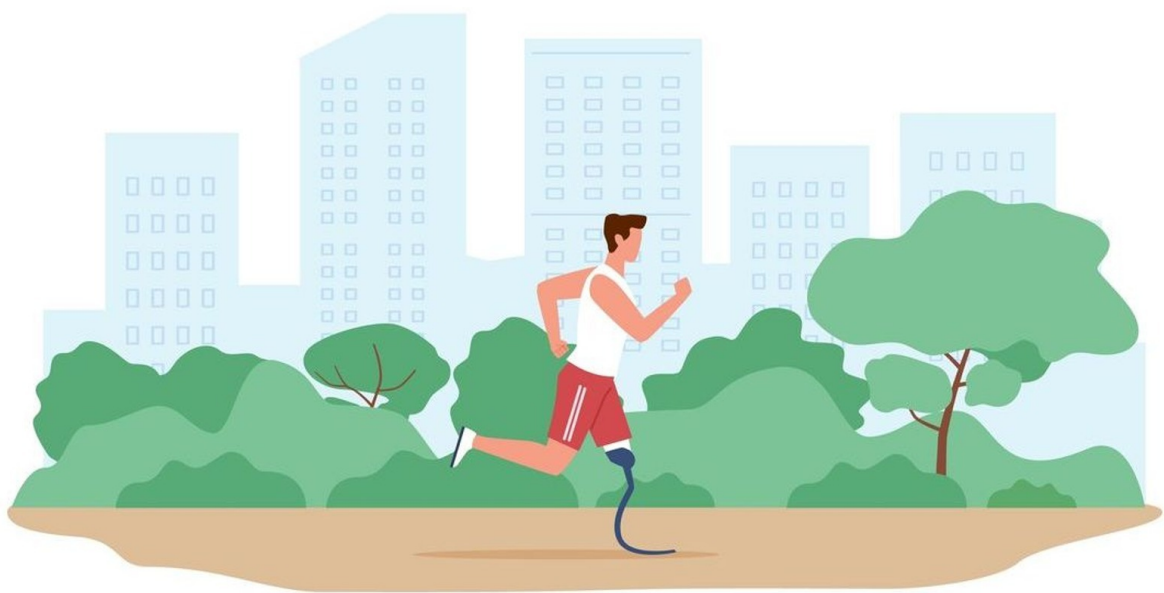
Group 1:

- | | | |
|---|----------------------|------------------------|
| 1. <i>avoid exercise and stay indoors all-day</i> | a. healthy lifestyle | b. unhealthy lifestyle |
| 2. <i>cut down on food containing saturated fat</i> | a. healthy lifestyle | b. unhealthy lifestyle |
| 3. <i>drink alcohol excessively</i> | a. healthy lifestyle | b. unhealthy lifestyle |
| 4. <i>drink alcohol in moderation</i> | a. healthy lifestyle | b. unhealthy lifestyle |
| 5. <i>eat wholesome, nutritious food</i> | a. healthy lifestyle | b. unhealthy lifestyle |
| 6. <i>go for regular check-ups</i> | a. healthy lifestyle | b. unhealthy lifestyle |



Group 2:

1. ***have a positive outlook on life***
 - a. healthy lifestyle
 - b. unhealthy lifestyle
2. ***overindulge in sweets and chocolate***
 - a. healthy lifestyle
 - b. unhealthy lifestyle
3. ***pig out on junk food***
 - a. healthy lifestyle
 - b. unhealthy lifestyle
4. ***sleep irregular hours***
 - a. healthy lifestyle
 - b. unhealthy lifestyle
5. ***take on too many duties at home and at work***
 - a. healthy lifestyle
 - b. unhealthy lifestyle
6. ***work out at the gym***
 - a. healthy lifestyle
 - b. unhealthy lifestyle



**Part B: Which phrasal verbs in the expressions above mean the following:**

1. _____ accept (a responsibility)
2. _____ consume / do less of something
3. _____ exercise
4. _____ eat too much of something

5**Listening comprehension****Part A: Listen to the recording about understanding health conditions and managing symptoms for a healthier life.**

1. People with flu often feel _____ and may have a _____ temperature, whereas hay fever mainly causes _____ eyes and a runny nose.
2. To improve health, the recording suggests making lifestyle changes such as cutting _____ on harmful habits and working _____ regularly.
3. When dealing with _____ or discomfort, some aids that might help include ice _____, plasters, and crutches.
4. A lack of sleep due to _____ can leave people feeling irritable and _____ throughout the day.

**Part B: Choose the best answer for each question based on the article.**

1. Which of the following is **NOT** a symptom of the flu according to the recording?
a. high temperature b. vomiting c. runny nose d. coughing
2. Vertigo and migraines are similar because
a. They both cause severe itching.
b. They both involve feelings of dizziness and discomfort.
c. They both cause people to sneeze and have a runny nose.
d. They are both minor conditions that don't impact daily life.



3. What tools or aids might be used to treat broken body parts?
 - a. wheelchair, crutches, neck brace
 - b. plaster, thermometer, water
 - c. allergy pills, ice pack, crutches
 - d. cough syrup, stitches, thermometer
4. According to the recording, reducing harmful habits and exercising regularly can
 - a. Help increase high blood pressure.
 - b. Improve mental and physical health.
 - c. Cause sleeplessness and vertigo.
 - d. Only helps with physical health.
5. According to the recording, what is a healthy alternative to pigging out on junk food?
 - a. avoiding all snacks
 - b. skipping meals
 - c. drinking lots of coffee
 - d. eating a balanced diet

6**Phrasal verbs**

Part A: Here are some more phrasal verbs related to health and lifestyle. Study them in context.

1. I don't feel like going out tonight. I think I'm **coming down with** something.
2. Twenty minutes after he fainted, Leon finally **came round**.
3. My doctor told me to **cut out** salt because of my high blood pressure.
4. I **picked up** a cold last week. It took me three days to **get over** it.
5. The sight of blood makes me **pass out**.
6. Zoe was **throwing up** all night after eating that chicken. I think it wasn't cooked properly.
7. I wouldn't drink that milk if I were you. It's **gone off**.



Part B: Complete the definitions below with the infinitive forms of the phrasal verbs.

come down with
go off

come round
pass out

cut out
pick up

get over
throw up

1. _____ catch an illness from someone or something
2. _____ faint
3. _____ stop eating/drinking something in your diet
4. _____ recover from an illness
5. _____ start to suffer from an illness, e.g. a cold or the flu
6. _____ become conscious again
7. _____ vomit
8. _____ become no longer good to eat or drink

7

Talking point

In pairs, discuss the following questions.

1. Do you think current lifestyles are healthier than 100 years ago?
2. Should you always see a doctor when you come down with something?
3. Have you ever picked up an illness when travelling abroad? Describe the symptoms and how you got over it.
4. Do you believe that lack of sleep is a serious health issue in modern society? What might help improve this?

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Optional extension

On each card is a word or phrase from today's lesson and its definition. In pairs, take turns to take a card from the pile and read out the definition from the card. If the other person correctly says the word or phrase it corresponds to, they earn a point and the card goes to their pile. If they answer incorrectly, the other person keeps the card.