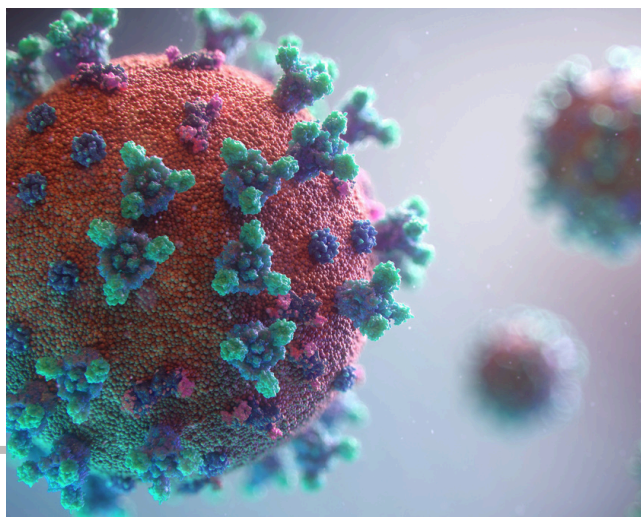


Health & Illness

Pre-Intermediate (A2-B1)



WARM-UP DISCUSSION

Choose one option from each pair and explain your answer. Use full sentences and examples from your life.

1. 🤧 I always catch colds / I hardly ever get sick
2. 🛌 I rest when I'm ill / I try to keep working
3. 💊 I take medicine / I wait until I feel worse
4. 🍏 I eat healthy most days / I love junk food
5. 🧘 I avoid stress / I don't really think about it

Discuss:

- When was the last time you didn't feel 100%? What did you do?



VOCABULARY & SPEAKING

Part 1. Complete each sentence with the correct word.

Headache	Cold	Fever	Cough
Medicine	Healthy	Appointment	Advice

- 1.I've got a terrible _____. My head really hurts.
- 2.You should make an _____ with the doctor.
- 3.She has a high temperature. I think it's a _____.
- 4.My throat is sore, and I can't stop _____ing.
- 5.My mum gave me some good _____. Drink more water!
- 6.I need to buy some _____ from the pharmacy.
- 7.I'm trying to eat better and exercise. I want to be _____.
- 8.He's got a bad _____. He probably caught it on the bus.

Part 2. Match the beginnings (1–8) with the correct endings (A–H).

1. Have	A. better
2. Catch	B. a fever
3. Take	C. enough sleep
4. See	D. a cold
5. Stay	E. stress
6. Avoid	F. medicine
7. Get	G. healthy
8. Get	H. a doctor

Part 3. Discuss the following questions.

1. When was the last time you **caught a cold**? How long did it take you to **get better**?
2. Have you ever **had a fever**? What did you do to recover?
3. What do you do to **avoid stress** in your daily life?
4. What helps you **stay healthy**: food, exercise, or sleep?
5. Do you usually **see a doctor** or try to rest at home first?
6. How often do you **take medicine**? Only when necessary or often?
7. Do you think you **get enough sleep** most nights? Why or why not?

Part 4. Discuss what you would do in these situations.

1. You wake up with a sore throat.
2. You have a big trip planned, but you start feeling ill.
3. You start feeling tired before an important event.
4. A friend says they feel dizzy.
5. You forgot to take a break all week and feel completely drained.

Part 5. Answer the questions below. Give details or short stories.

1. When was the last time you felt full of energy? What had you done differently that week?
2. When was the last time you needed to see a doctor? What was it for?
3. When was the last time you took a day off to rest? Did it help?
4. When was the last time you gave someone health advice? What did you say?
5. When was the last time you changed a habit to be healthier?
6. When was the last time you felt stressed or anxious? How did you handle it?



Part 6. Rank these from 1 (most important) to 8 (least important) for good health.

🛏 Sleeping well 🥗 Eating fruit & vegetables 🚶 Exercising regularly 💧 Drinking water
💬 Talking about problems 😄 Laughing often 🧘 Managing stress 🚫 Avoiding junk food

Discuss:

- Which one makes the biggest difference for you?
- Which one do people often forget?
- Which one do you want to improve?

Part 7. Decide if each statement is Myth (M) or Fact (F) – then explain why.

1. You should always take antibiotics for a cold.
2. Staying well-hydrated supports recovery.
3. Exercise helps reduce stress.
4. You can “sweat out” a fever.
5. Sleep helps your immune system.
6. Eating garlic every day stops you getting ill.

Discuss:

- Which health myths are common in your country?

REFLECTION

Complete and share your answers.

1. When I feel ill, I usually _____.
2. I try to stay healthy by _____.
3. One small change I could make is _____.
4. My best health advice is _____.

