

Illness & Injuries

Intermediate (B1–B2)



DISCUSSION

Part 1. Discuss the following questions.

1. Would you describe yourself as generally fit and healthy? Why?
2. When was the last time you were unwell? What happened?
3. How do you usually take care of yourself when you get sick?

VOCABULARY

Part 1. Match each common health problem to its correct definition.

Cold	Flu	Allergy	Stomach ache
Headache	Infection	Asthma	Food poisoning

1. _____ An illness with fever, muscle aches, and tiredness, often more severe than a cold
2. _____ Illness from eating contaminated food—nausea, vomiting, diarrhoea
3. _____ Pain in the stomach area, often from indigestion or virus
4. _____ Pain in the head, often from tension or illness
5. _____ A harmful invasion of bacteria or virus in body tissues
6. _____ A condition causing difficulty breathing, wheezing, or coughing
7. _____ A viral illness causing sneezing, sore throat, and runny nose
8. _____ A reaction (e.g., sneezing, rash) to pollen, dust, or certain foods

Part 2. Connect each symptom to the most likely problem.

Cold	Flu	Allergy	Stomach ache
Headache	Infection	Asthma	Food poisoning

1. _____ Sneezing
2. _____ High fever & chills
3. _____ Shortness of breath
4. _____ Sharp stomach cramps
5. _____ Persistent cough
6. _____ Red, itchy rash
7. _____ Throbbing pain in temples
8. _____ Vomiting and diarrhoea

Part 3. Complete each sentence below to make common injuries. You may need to change the form of the word.

Break	Cut	Sprain
Burn	Wound	

1. The hiker _____ her leg on a sharp branch.
2. He fell off his bike and _____ his arm, so he needs a cast.
3. Be careful with that iron—or you'll _____ your hand.
4. She accidentally _____ her finger while chopping vegetables.
5. I slipped on the stairs and _____ my ankle.



Part 4. For each of the injuries, decide which would be the best treatment.



1. For a _____, rest it, apply ice, wrap it snugly, and keep it elevated.
2. For a _____, clean it, apply antiseptic, and cover with a sterile bandage.
3. For a _____, immobilise it with a sling or splint and seek medical care.
4. For a _____, cool it under running water and cover with a light, non-stick dressing.
5. For a _____, gently clean it, apply antiseptic, and bandage it to stop bleeding.

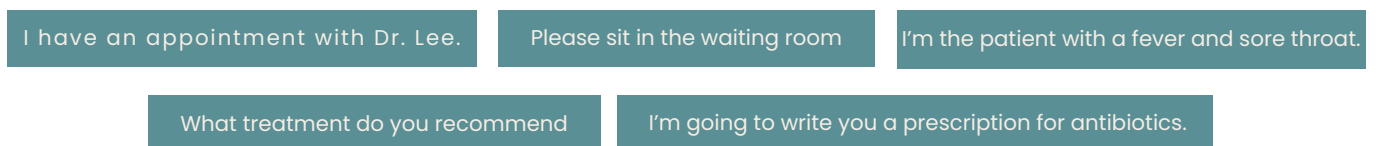
Part 5. Tell a brief story of a time you have suffered an injury using any of the verbs.

You can talk about:

- What happened
- Where you were
- How it was treated.

FUNCTIONAL LANGUAGE

Part 1. Complete the dialogue using the phrases below.



Receptionist: Good morning, Grand Horizon Clinic. How can I help you?

Patient: Hello, _____ at 10 AM.

Receptionist: Certainly. _____, and we'll call you shortly.

Doctor: Hello. Please come in.

Patient: Thank you, Doctor. _____.

Doctor: Ok, please let me examine your throat.

Doctor: You need rest and plenty of fluids. _____.

Patient: Thank you. _____ in addition to the antibiotics?

Doctor: In addition, gargle salt water three times a day and use throat lozenges as needed.

Patient: That sounds good. Thanks for your help!

Part 2. Role-play the full dialogue using all five phrases. Then swap roles and change the symptoms/requests.

Receptionist: Good morning, Grand Horizon Clinic. How can I help you?

Patient: Hello, **I have an appointment with Dr. Lee at 10 AM.**

Receptionist: Certainly. **Please sit in the waiting room,** and we'll call you shortly.

Doctor: Hello. Please come in.

Patient: Thank you, Doctor. **I'm the patient with a fever and sore throat.**

Doctor: Ok, please let me examine your throat.

Doctor: You need rest and plenty of fluids. **I'm going to write you a prescription for antibiotics.**

Patient: Thank you. **What treatment do you recommend in addition to the antibiotics?**

Doctor: In addition, gargle salt water three times a day and use throat lozenges as needed.

Patient: That sounds good. Thanks for your help!

IDIOMS

Part 1. Match each idiom to its correct definition.

Under the weather

Back on your feet

Feel like death
warmed up

On the mend

A clean bill of health

As fit as a fiddle

1. _____ Recovering from an illness
2. _____ Feeling extremely unwell
3. _____ Feeling unwell or slightly ill
4. _____ Fully recovered and active again
5. _____ Official confirmation you're healthy
6. _____ In very good health

Part 2. Complete the sentences with the correct idiom.

1. I was _____ yesterday, so I stayed home in bed.
2. After a week of rest, he's _____ and returning to work.
3. The doctor gave me _____ after my check-up.
4. She had the flu last month but is now _____.
5. When I had food poisoning, I really _____.
6. Thanks to regular exercise, I feel _____.

Part 3. Discuss the following questions.

1. Describe a time you felt **under the weather**. What helped you recover?
2. Think back to an injury or illness after which you were **on the mend**—what steps did you take to heal?
3. Tell us about when you were **back on your feet** following a bout of sickness. Who or what supported you?
4. Recall the worst illness you've had—when did you **feel like death warmed up**, and how did you cope?
5. Share how you reacted when your doctor gave you **a clean bill of health**—what did you celebrate or do next?
6. Who in your life is truly **as fit as a fiddle**, and what do they do to maintain such great health?

