

# Health, medicine and exercise

## Telling the doctor what is wrong with you

*I feel sick/tired.*

*My neck/leg/back hurts.*

*I've got toothache/earache/a cough.*

*I keep getting earache/headaches.*

## At the doctor's

- Doctor** Good morning. What can I do for you?
- Amanda** I keep getting **headaches**.
- Doctor** Do you have a **cough**?
- Amanda** No, but I feel a bit **sick**.
- Doctor** Do you eat well and take plenty of **exercise**?
- Amanda** I try to, but I feel too **tired** to do any exercise.
- Doctor** I see. And are you drinking plenty of water?
- Amanda** No, I never drink water. I prefer coffee.
- Doctor** That may be the **problem**. Everyone needs to drink water. You should try to have at least five glasses every day. If you do that, your headaches will probably stop.
- Amanda** OK, I'll try. Thank you, **Dr Kennedy**.



### Good to know!

*In the word cough, 'ou' is said like the 'o' in 'hot', and 'gh' is said like the 'f' in 'fish'.*

## Words for talking about health, medicine and exercise

Word Finder		<b>baby</b>	NOUN A <b>baby</b> is a very young child.
		<b>back</b>	NOUN A person's or animal's <b>back</b> is the part of their body between their head and their legs.
		<b>body</b>	NOUN A person's or animal's <b>body</b> is all their physical parts.
		<b>cold</b>	NOUN If you have a <b>cold</b> , you have an illness that makes liquid flow from your nose, and makes you cough.
		<b>cough</b>	NOUN A <b>cough</b> is an illness in which you suddenly force air out of your throat with a noise.
		<b>cut</b>	VERB If you <b>cut</b> yourself, you accidentally injure yourself on a sharp object so that you bleed.
		<b>doctor</b>	NOUN A <b>doctor</b> is a person whose job is to treat people who are sick or injured.
		<b>Dr</b>	NOUN <b>Dr</b> is the title that goes before the name of a doctor.
		<b>earache</b>	NOUN If you have <b>earache</b> , you have a pain inside your ear.
		<b>exercise</b>	NOUN <b>Exercise</b> is movements you do to keep your body healthy and strong.
		<b>headache</b>	NOUN If you have a <b>headache</b> , you have a pain in your head.
		<b>health</b>	NOUN Your <b>health</b> is the condition of your body and the extent to which you are fit and well.
		<b>hear</b>	VERB When you <b>hear</b> a sound, you become aware of it through your ears.
		<b>hospital</b>	NOUN A <b>hospital</b> is a place where doctors and nurses care for people who are sick or injured.
		<b>hurt</b>	VERB If you <b>hurt</b> someone or something, you make them feel pain, and if a part of your body hurts, you feel pain there.
		<b>leg</b>	NOUN A person's or animal's <b>legs</b> are the long parts of their body that they use to stand on.
		<b>medicine</b>	NOUN <b>Medicine</b> is the treatment of illness and injuries by doctors and nurses.
		<b>neck</b>	NOUN Your <b>neck</b> is the part of your body between your head and the rest of your body.
		<b>nurse</b>	NOUN A <b>nurse</b> is a person whose job is to care for people who are sick.
		<b>problem</b>	NOUN A <b>problem</b> is something that causes difficulties, or that makes you worry.
		<b>sick</b>	1 ADJECTIVE If you are <b>sick</b> , you are ill. 2 ADJECTIVE If you feel <b>sick</b> , you feel as though food might come up from your stomach.
		<b>tired</b>	ADJECTIVE If you are <b>tired</b> , you feel that you want to rest or sleep.
		<b>tooth</b>	NOUN Your teeth are the hard white objects in your mouth, that you use for biting and eating. One of these is called a <b>tooth</b> .
		<b>toothache</b>	NOUN If you have <b>toothache</b> , you have a pain in your tooth.

## Exercise 1

Rearrange the letters to find words. Use the definitions to help you.

- ecrisexe \_\_\_\_\_ (go running, for example)
- lopshiat \_\_\_\_\_ (the place to go when you are sick)
- besiab \_\_\_\_\_ (very small people)
- dybo \_\_\_\_\_ (swimming is good for your \_\_\_\_\_)
- snuer \_\_\_\_\_ (this person helps you when you are sick)
- ahre \_\_\_\_\_ (when you have earache, you sometimes can't do this)

## Exercise 2

Match the sentences with the pictures.

1 I've got toothache.

a



2 I've got earache.

b



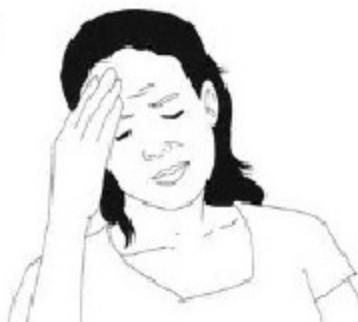
3 I've got a cough.

c



4 I've got a headache.

d



5 I've got a cold.

e



6 I've got a new baby!

f



## Exercise 3

For each question, tick the correct answer.

1 If I study for a long time I get a

☐ headache.

☐ neck.

2 When you go out in the rain, you can get

☐ tired.

☐ a cold.

3 See the doctor when you have a

☐ problem.

☐ tired.

4 I've hurt my

☐ earache.

☐ neck.

5 I can't go out because I am

☐ sick.

☐ toothache.

6 Today, I want to do some

☐ exercise.

☐ cough.

**Exercise 4**

Match the two parts.

- |  |              |
|--|--------------|
| 1 My teeth hurt. I've got                    | a earache.   |
| 2 I'm coughing a lot. I've got               | b tired.     |
| 3 Dr Thorne works very hard. She often feels | c sick.      |
| 4 I've cut my arm. I want to see             | d toothache. |
| 5 I ate something bad. I feel                | e a cold.    |
| 6 That music was very loud. I've got         | f a doctor.  |

**Exercise 5**

Find the words that do not belong, as shown.

1 doctor	nurse	cough
2 baby	cold	headache
3 sick	exercise	tired
4 problem	neck	tooth
5 cough	toothache	hear
6 hospital	cut	hurt

**Exercise 6**

Put the correct word or words in each gap, as shown.

neck | nurse | doctor | toothache | sick | exercise | tired | hospital

- a person nurse doctor
- a place \_\_\_\_\_
- part of the body \_\_\_\_\_
- how you feel \_\_\_\_\_
- something you can do \_\_\_\_\_
- a problem with your teeth \_\_\_\_\_