

Unit 6

Don't feel very well

Ready to listen and speak

the things you do to keep healthy.

regular exercise ☐ eat fresh fruit and vegetables ☐ drink a lot of water ☐

was the last time you were ill?

week ago ☐ a month ago ☐ six months ago ☐ a year ago ☐

each health problem (a-h) with a picture (1-8).

a cough 4. b a cold c a sore throat d a temperature

e a headache f backache g a toothache h sunburn



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Listening - Health problems

Listen and complete these three conversations.

What's the matter?

I'm very well. I've got a bad

Oh dear. I'm to hear that.

What's wrong?

I've got a

Oh dear. I'm to hear that.

Is everything OK?

Oh no. I think I've got a

Oh dear. I hope you feel soon.

Listen and check. Then look at the conversations.

Use three expressions to write in each column below.

Asking about someone's health	explaining a health problem	showing sympathy
What's the matter?		

B Speaking - Talking about health problems

Speaking strategy: Showing sympathy

1 You can use these expressions to show sympathy when someone is ill.

Oh, dear. I'm sorry to hear that.

Poor you! How awful.

I hope you feel better soon.

Speak up!

2 Listen to these six people tell you about a health problem. Reply to each person, showing sympathy.

Example:

You hear: a

I walked home last night in the rain and now

I have a really bad cold.

You say: Oh dear. I'm sorry to hear that.

C Speaking - At the chemist's

Speaking strategy: Asking about medication

1 You can use the expressions in bold to ask about medication at the chemist's.

Have you got something for sunburn?

How many tablets should I take?

What have you got for a headache?

How much cream should I use?

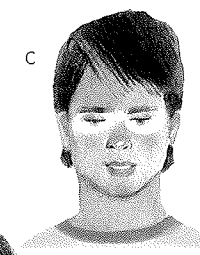
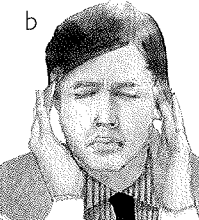
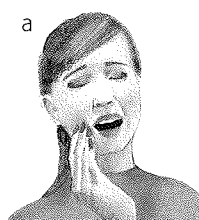
How often should I use the cream?

Speak up!

2 Look at the pictures. Imagine you are at the chemist's and you have these health problems. Ask for medication.

Example: a

You say: Excuse me. Have you got something for toothache?



Focus on ...
giving advice

Complete each sentence using *should* or *shouldn't*.

When you feel very ill you ...

..... see a doctor.

..... take some medicine.

..... continue to work.

..... go home and rest.

To keep healthy you ...

..... drink lots of water.

..... smoke.

..... eat fresh fruit and vegetables.

..... exercise regularly.

..... eat a lot of fried food.

3 Imagine you are at the chemist's. Listen to the chemist and use the ideas below to have conversations.

Example:

You hear: a

Hello. Can I help you?

You say: Yes. Have you got something for backache?

You hear: Yes, you can try this cream. It's very good.

You say: OK, great. How much should I use?

You hear: Just a small amount, twice a day.

a backache / how much?

b a sore throat / how many?

c a temperature / how often?

d a cough / how much?

e sunburn / how much?

Did you know ...?

In Australia and South Africa, people go to the *pharmacy*. In British English many people say *chemist's* and in American English people say *drugstore*.

Listening – Making an appointment

Adli, from Saudi Arabia, and Fernando, from Brazil, phoning to make a doctor's appointment. Listen to the conversation and complete the information.

	Day	Time	Doctor
Adli	Thursday		
Fernando			Williams

Do you remember how Fernando asks for an appointment? Complete the expression below.

..... an appointment, please.

and smart

schwa /ə/

Schwa is a weak sound. It is pronounced /ə/. It is very common in spoken English.

39 Notice the schwas in these words. Listen and repeat.

doctor water pharmacy tablet sympathy

39 Underline the schwas in these words. Listen and repeat.

problem important conversation patient temperature

39 Notice the schwas in these sentences. Listen and repeat.

Have you got something for a headache?

What have you got for a sore throat?

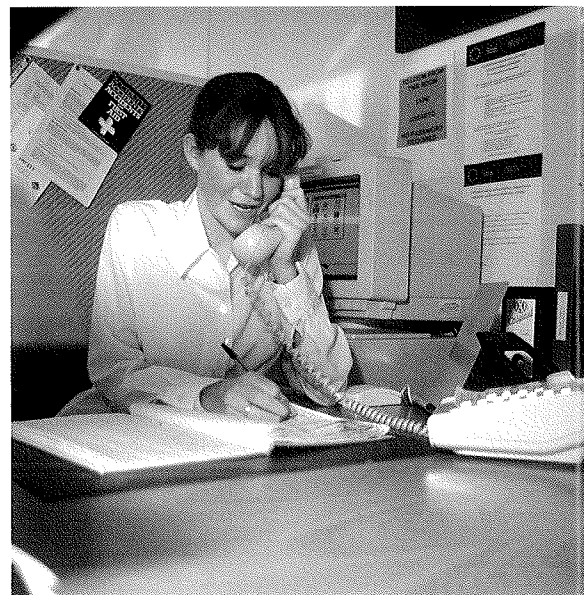
39 Underline the schwas in these sentences. Listen and repeat.

Take regular exercise. I was ill a week ago.

Can I make an appointment, please?

Learning tip

Focus your listening. Listen only for the information you need. For example, listen for days, times, and names.



Speaking – Confirming an appointment

Speaking strategy: Checking important details

Underline the expression that Adli and Fernando both use to check they understand important details.

Receptionist: So that's Doctor Brown on Thursday at 10.30.

Adli: That's right.

Receptionist: So that's Wednesday at 3pm, with Doctor Williams.

Adli: Yes, that's fine.

Receptionist: Yes, that's fine.

Speak up!

2 40 Listen to the doctor's receptionist and use the ideas below to make an appointment. Use your own name, and check the details using **So that's ...**

Example:

You hear: Hello. Doctor Park's surgery.

a

You say: Hello. I'd like to make an appointment, please.

a make / appointment

b Thursday afternoon

c ✓

d (your name)

e confirm: Doctor Park, Thursday, 4:30

Did you know ...?

The real name for *the flu* is *influenza*.

Class bonus

Half the class are doctors, the other half are patients.

Patients: Decide what's wrong with you (*a bad cold, backache, etc.*).

Go to see different doctors and explain your problem. Which doctor gives the best advice?

Doctors: Speak to various patients.

Find out what's the matter with them, show sympathy and give some advice.

Focus on ... Imperatives

1 Look at these sentences that doctors often use to give advice to a patient. Notice the imperatives in **bold**. How do you make the imperative?

+ **Drink** a lot of water.

– **Don't eat** unhealthy food.

2 Use these verbs in the imperative to complete each sentence. use work try take stay go drink

a one tablet twice a day.

b to work this week.

c in bed for a few days.

d too much coffee.

e this cream every night.

f to relax and rest.

g too hard.

F Listening – At the doctor's

41 Imagine you are at the doctor's, and the doctor is giving you advice. Listen to three doctors and tick ✓ True or False.

	True	False
a		
1 You've got a bad cold.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2 You should take two tablets twice a day.	<input type="checkbox"/>	<input type="checkbox"/>
3 You should drink lots of water.	<input type="checkbox"/>	<input type="checkbox"/>
b		
1 The doctor is not sure why you have backache.	<input type="checkbox"/>	<input type="checkbox"/>
2 You should put some cream on every morning.	<input type="checkbox"/>	<input type="checkbox"/>
3 You should go back to the doctor's in two weeks.	<input type="checkbox"/>	<input type="checkbox"/>
c		
1 You've got the flu.	<input type="checkbox"/>	<input type="checkbox"/>
2 You should stay in bed and rest.	<input type="checkbox"/>	<input type="checkbox"/>
3 You shouldn't work for three days.	<input type="checkbox"/>	<input type="checkbox"/>



Can-do checklist

Tick what you can do.

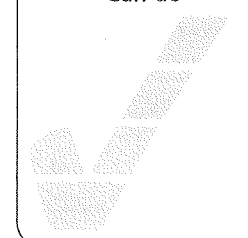
I can explain common health problems.

I can make an appointment and confirm important details.

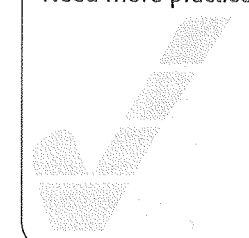
I can ask for medication and understand basic instructions.

I can express sympathy and give advice on health problems.

Can do



Need more practice



E Extra practice

Imagine you are ill. Make a list of your symptoms and then imagine you are at the doctor's. Tell the doctor what is wrong. If possible, record what you say and listen to yourself afterwards. Can you identify any areas you could improve (for example, your grammar, pronunciation, etc.)?