

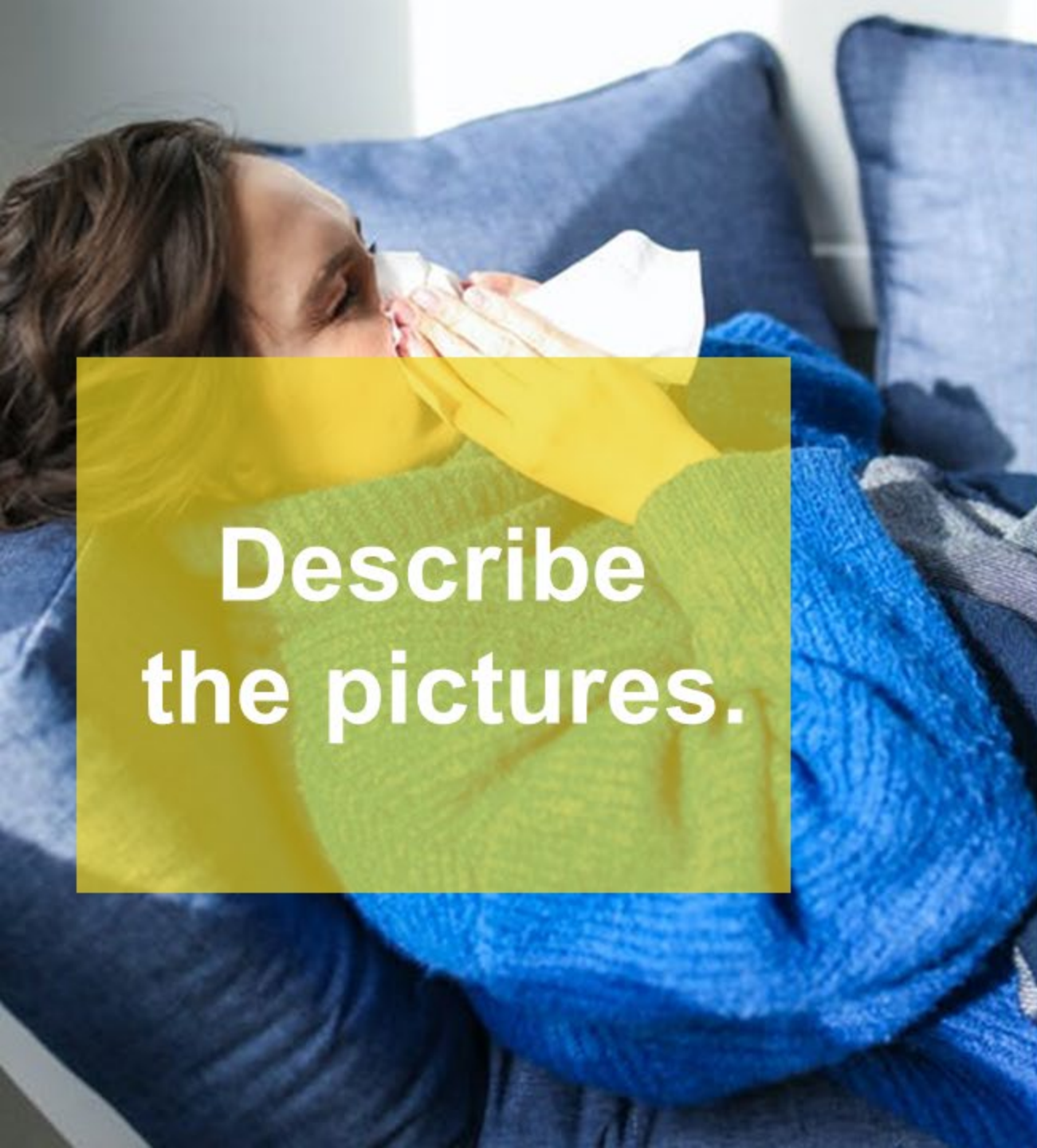
# Topic

**Conversation  
for Intermediates**



**A5**





**Describe  
the pictures.**





A person with long brown hair is lying on a blue couch, covered with a blue blanket. The scene is dimly lit, suggesting an indoor setting.

Today's Topic

# Health

**Health is the condition of one's body or mind.**



# TARGET LANGUAGE

In this lesson, we will **talk about health**:

- learn words/expressions/phrases related to the topic;
- make sentences related to the topic;
- answer questions and share ideas related to the topic.

## Key words:

symptoms  
acupuncture  
sore throat  
keeping fit  
prescription

## I Key Sentences

Read and share your opinions.

1. He's complaining of all the usual flu **symptoms** - a high temperature, headache, and so on.

Q1. Do you go to the doctor right away if you can feel any symptoms of a disease?

Q2. What treatments do you follow when you have a cold?



## I Key Sentences

Read and share your opinions.

### 2. Acupuncture originated in China.

Q1. Have you ever been to an acupuncturist?

What do you think of acupuncture?

Q2. In what circumstances should traditional medicine be used?



## I Key Sentences

Read and share your opinions.

3. She has a **sore throat** because she ate too much sweets.

Q1. What causes a sore throat?

Q2. What foods or drinks should we avoid when we have a sore throat?



## I Key Sentences

Read and share your opinions.

4. Americans are crazy about **keeping fit**, many of them go to a fitness club.

Q1. Is fitness important to you?

Q2. What types of exercise do you usually do to keep fit?





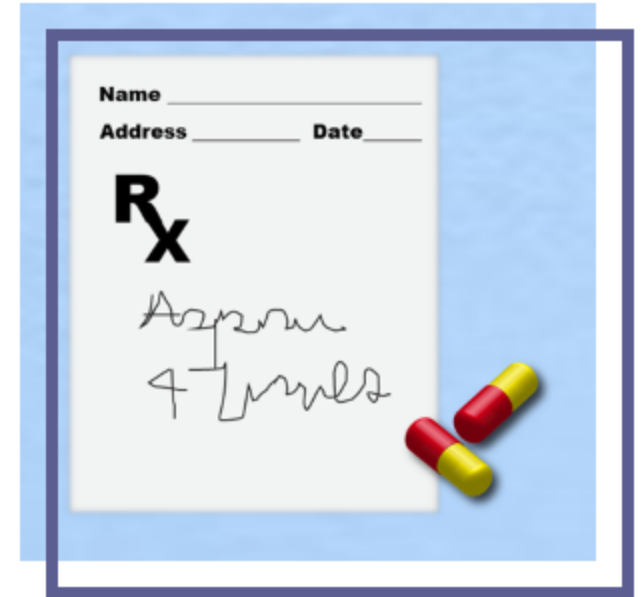
## I Key Sentences

Read and share your opinions.

### 5. You can't buy this medicine without a **prescription**.

Q1. Do you always follow a doctor's prescription?

Q2. What are the advantages of getting health insurance in your country?



## Vocabulary

Read the definitions and make sentences with the words.



### symptom

signs that someone has an illness



### acupuncture

a medical treatment from China that involves putting special needles into particular parts of the body



### sore throat

painful swelling of the throat

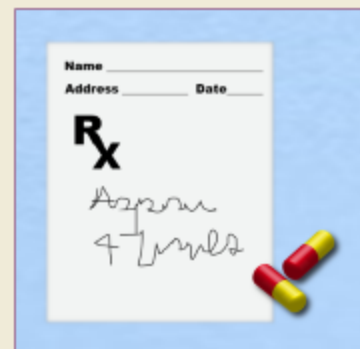
### keeping fit

keeping body in good condition



### prescription

a piece of paper with doctor's advice



## Vocabulary Check

Choose the correct words to complete the sentences.

symptom

acupuncture

sore throat

keeping fit

prescription

1. It sounds like you've got a \_\_\_\_\_.
2. Fever is a \_\_\_\_\_ of many illnesses.
3. Some drugs are only available on \_\_\_\_\_.
4. I'm having \_\_\_\_\_ for a bad back.
5. Many elder people find that \_\_\_\_\_ is good for their health.



## I Review

Fill in the blanks with the given letter.

**K** 1 can be very hard in a busy society. It's a persistent conflict for busy people to fit in some time to be healthy. For instance, whenever they have flu-like **s** 2 like high temperature and **s** 3, they sometimes do not get a doctor's **p** 4. They follow remedies or treatments like **a** 5 to cure the flu. Traditional medicine can be very efficient. However, a visit to a doctor is still the best practice to do.

## Free Talk

Read the questions and share your opinions.

1. What activities are good for one's health?
2. What activities can ruin one's health?

	Physical Health	Mental Health
 <b>Dos</b>	<ol style="list-style-type: none"><li>1. exercise regularly</li><li>2. _____</li><li>3. _____</li></ol>	<ol style="list-style-type: none"><li>1. take time to laugh</li><li>2. _____</li><li>3. _____</li></ol>
 <b>Don'ts</b>	<ol style="list-style-type: none"><li>1. eat too much junk foods</li><li>2. _____</li><li>3. _____</li></ol>	<ol style="list-style-type: none"><li>1. overthink</li><li>2. _____</li><li>3. _____</li></ol>

## Free Talk

Take the quiz and answer the questions.

### My Healthy Lifestyle Checklist

To keep a healthy lifestyle, I ....	always	usually	sometimes	seldom	never
eat healthy food.					
drink lots of water.					
exercise regularly.					
get enough sleep.					
get regular check-ups.					
maintain a good social life.					
know how to handle stress.					
manage my time well.					
get along with family members.					
do new activity or keep learning.					