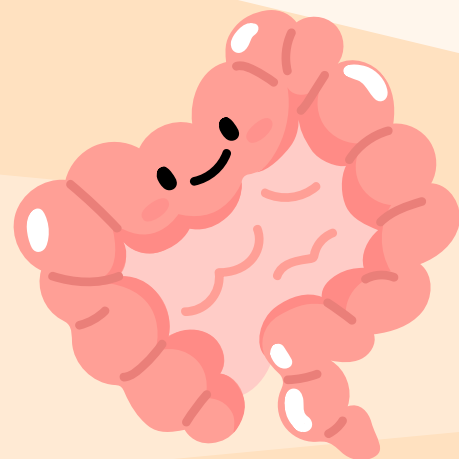
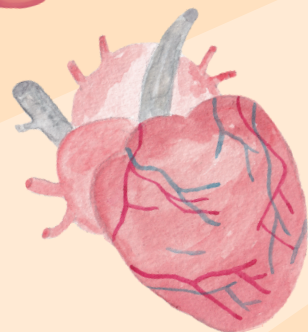
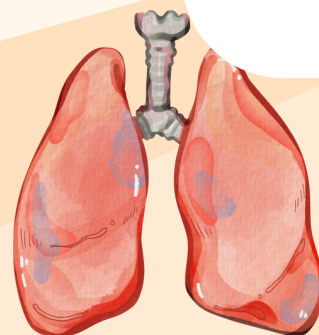
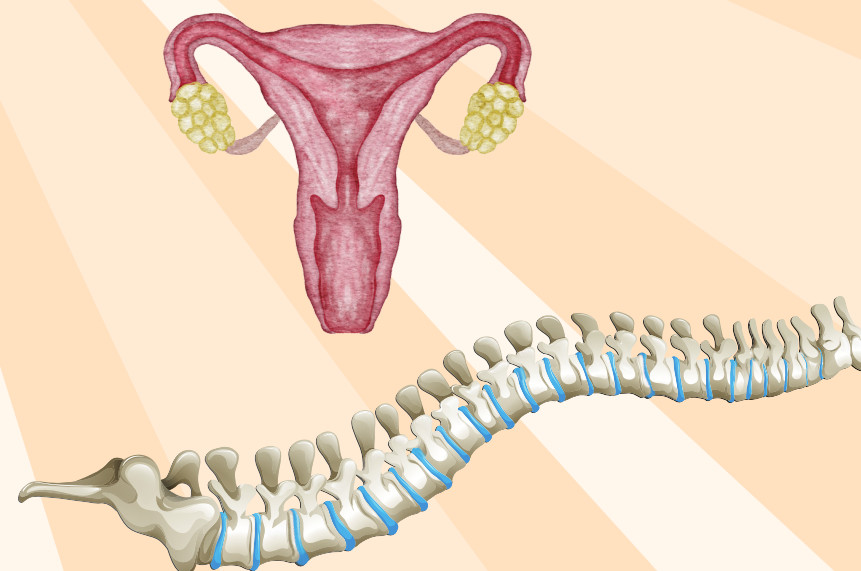
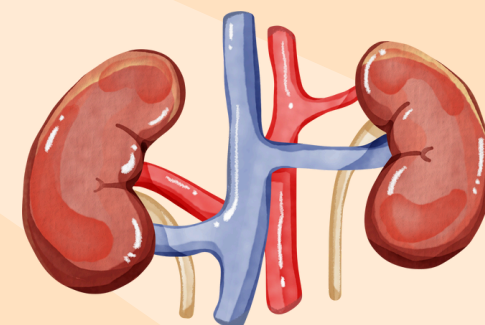
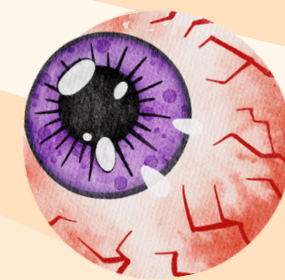
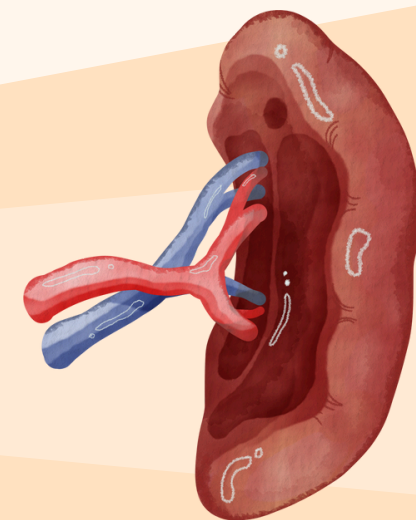
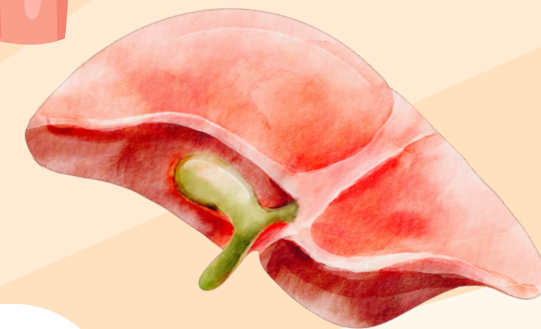
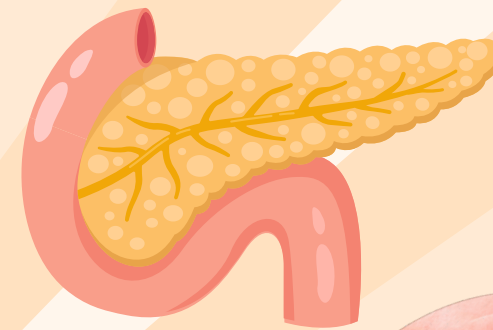
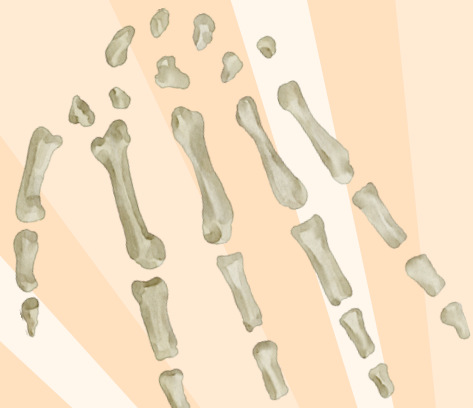
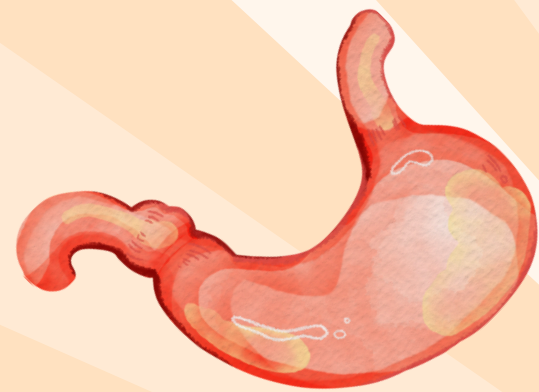




# Health - vocabulary and speaking lesson

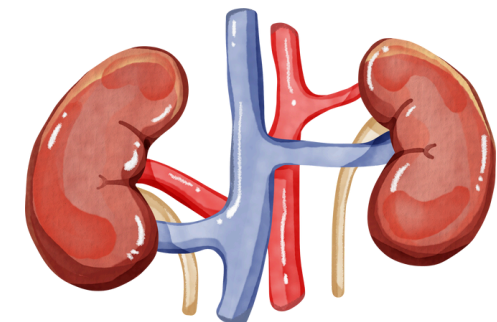
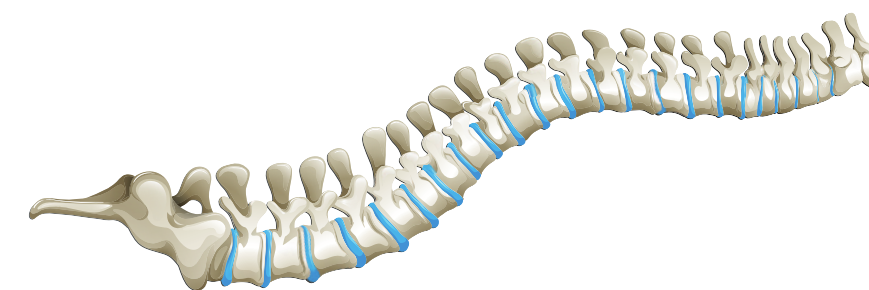
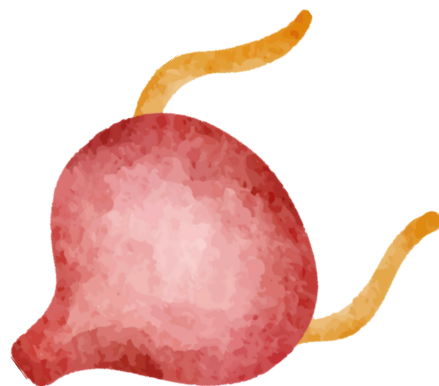
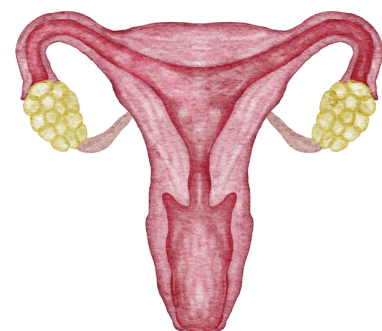
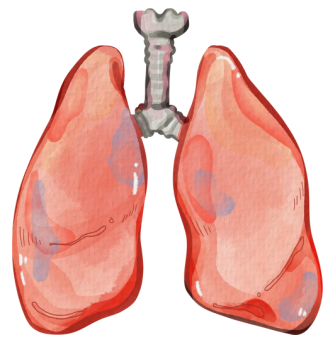
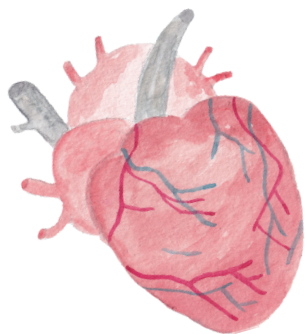
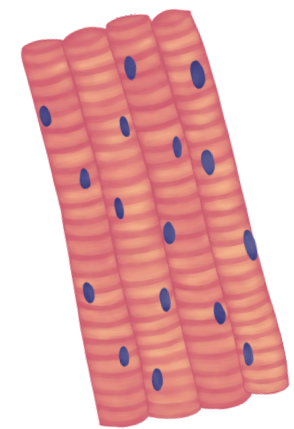
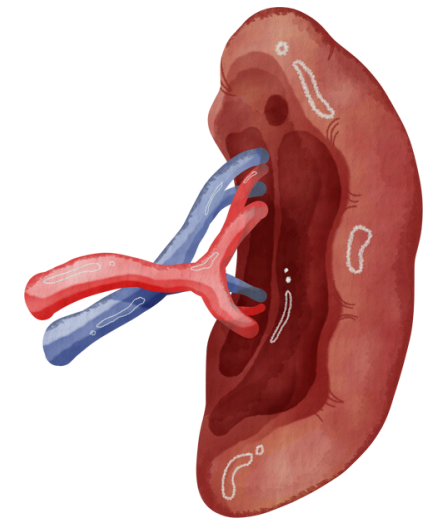
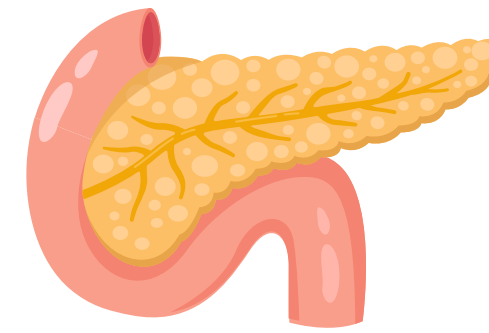
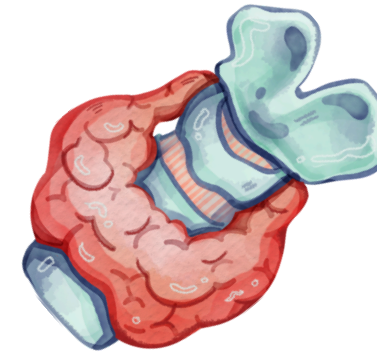
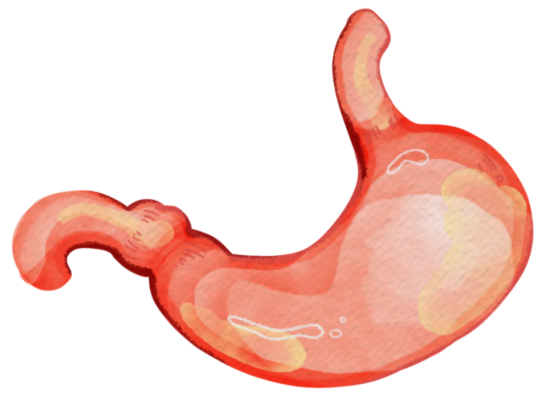
B1





## Warm-up

- How often do you go to the doctor?
- What do you usually do when you feel sick?
- What do you do to stay healthy?
- Can you name 5 body organs?

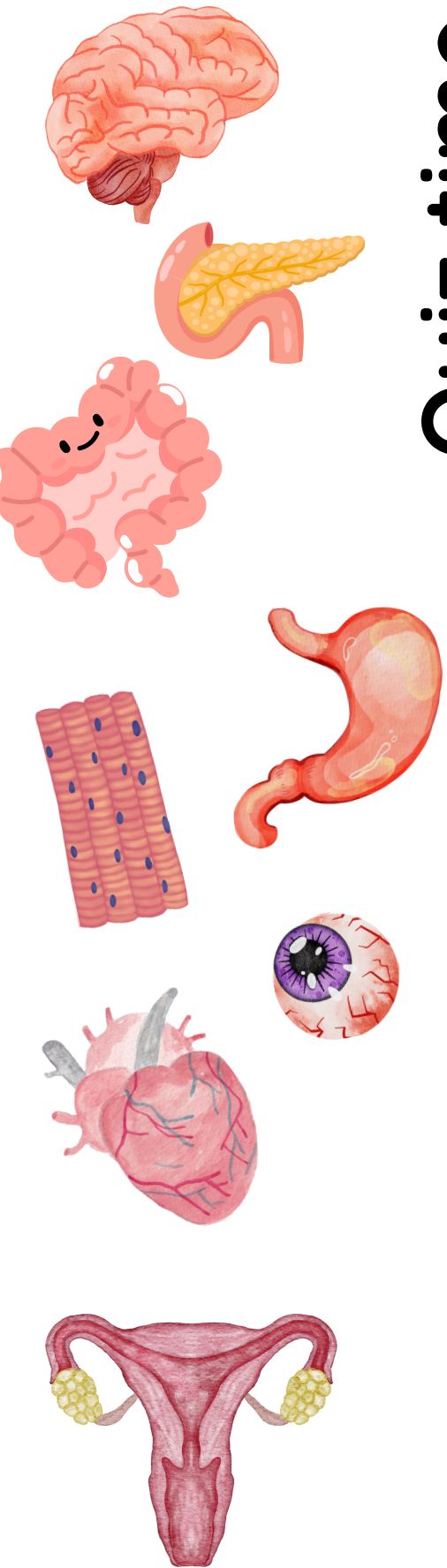
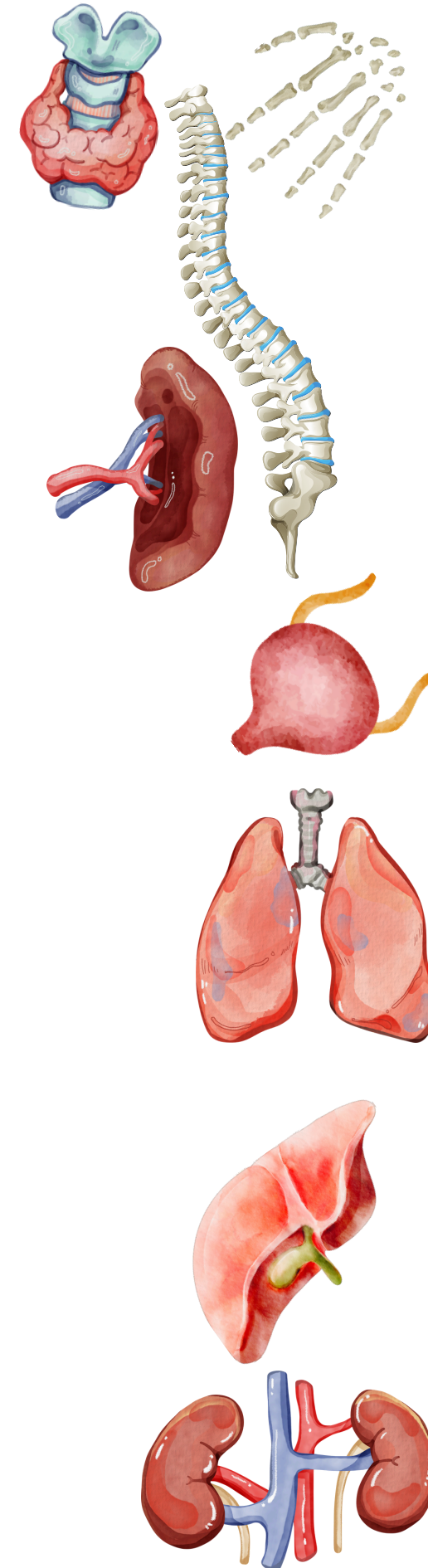




Eyes – Brain – Thyroid – Lungs – Bones – Kidneys – Stomach – Liver – Spleen – Pancreas – Bladder – Skin – Small intestine – Uterus – Large intestine – Muscles – Spine – Heart

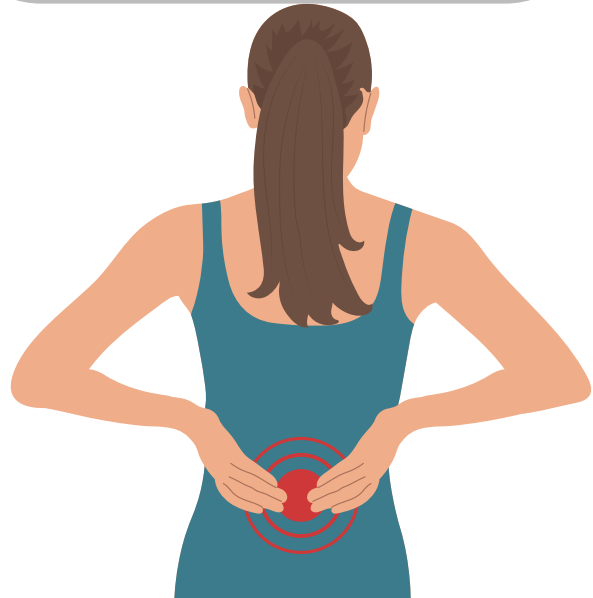
## Quiz time

1. What body organ pumps the blood and never rests?
2. What organ controls your thoughts, memory, and actions?
3. What organs help you breathe in oxygen and breathe out carbon dioxide?
4. What two organs clean your blood and make urine?
5. Which organ cleans your blood and helps digest fat?
6. Which organ helps fight infections and recycles old blood cells?
7. Which organ makes insulin and helps control sugar in the blood?
8. What is the largest organ of your body that protects you from germs and injury?
9. Which long organ absorbs nutrients from the food you eat?
10. Which organ absorbs water and makes solid waste (poo)?
11. What part of your body protects the spinal cord and lets you stand up straight?
12. Which organ stores urine before you go to the toilet?
13. In which organ does a baby grow before birth?
14. Which small organ in the neck controls your body's energy and metabolism?
15. Which organ mixes and breaks down food with acid?
16. What gives your body structure and protects organs like the brain and heart?
17. What helps you move your body?
18. Which organs let you see the world around you?





# Common symptoms



Can you think of any additional symptoms?



# How do you feel when.....

- How do you feel when you have a cold?
- What are the usual symptoms of the flu?
- How does it feel when you twist your ankle?
- What happens when you have a stomach bug?
- How do people usually feel with allergies?
- What are the signs that someone has a toothache?
- How does your body feel when you have back pain?
- What are common symptoms of a migraine?
- How might someone feel if they are dehydrated?



# Vocabulary practice

Complete with the following words:

insomnia - diarrhoea - stomachache - fever - runny nose - cough - cold - dizzy

John went on holiday to Paris, but it was not a very happy trip. Frankly speaking, it was a holiday from hell! When he went up the Eiffel Tower, he suddenly felt \_\_\_\_\_ and had to go down as quickly as possible. Apparently, the view from the top was not for him!

Later that day, he ate some snails – everyone recommended that he try them once in Paris, but they must have been bad because he got a terrible \_\_\_\_\_.

Once he felt a bit better, he left the hotel room, but his immune system was weakened from all the adventures. In the underground, someone sneezed on him and the next day he caught a \_\_\_\_\_.


The cold was terrible – he had a high \_\_\_\_\_, a \_\_\_\_\_, and a bad \_\_\_\_\_. Can you imagine a worse situation? I guess he was lucky not to get \_\_\_\_\_!

Because of all this, he suffered from \_\_\_\_\_ every night. John really couldn't wait to go back home.

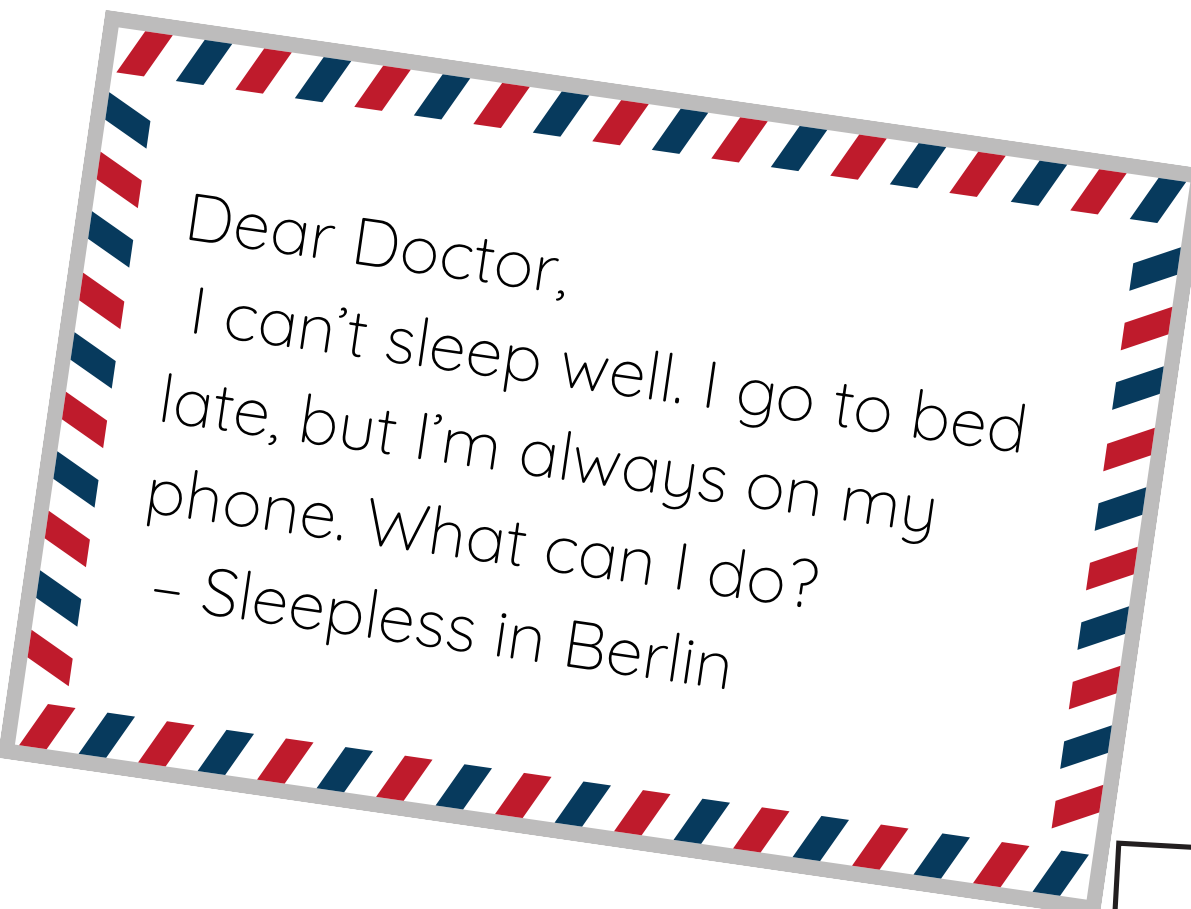




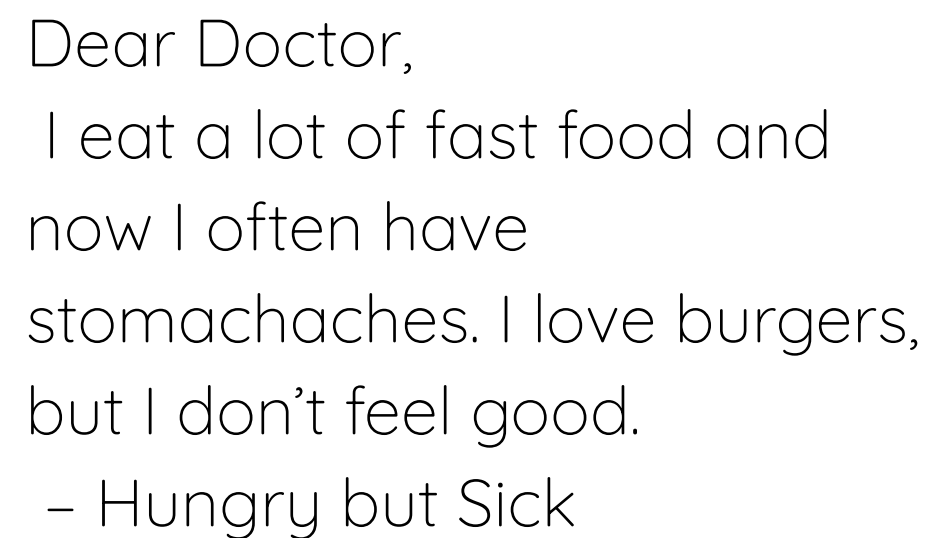
# Dear doctor....



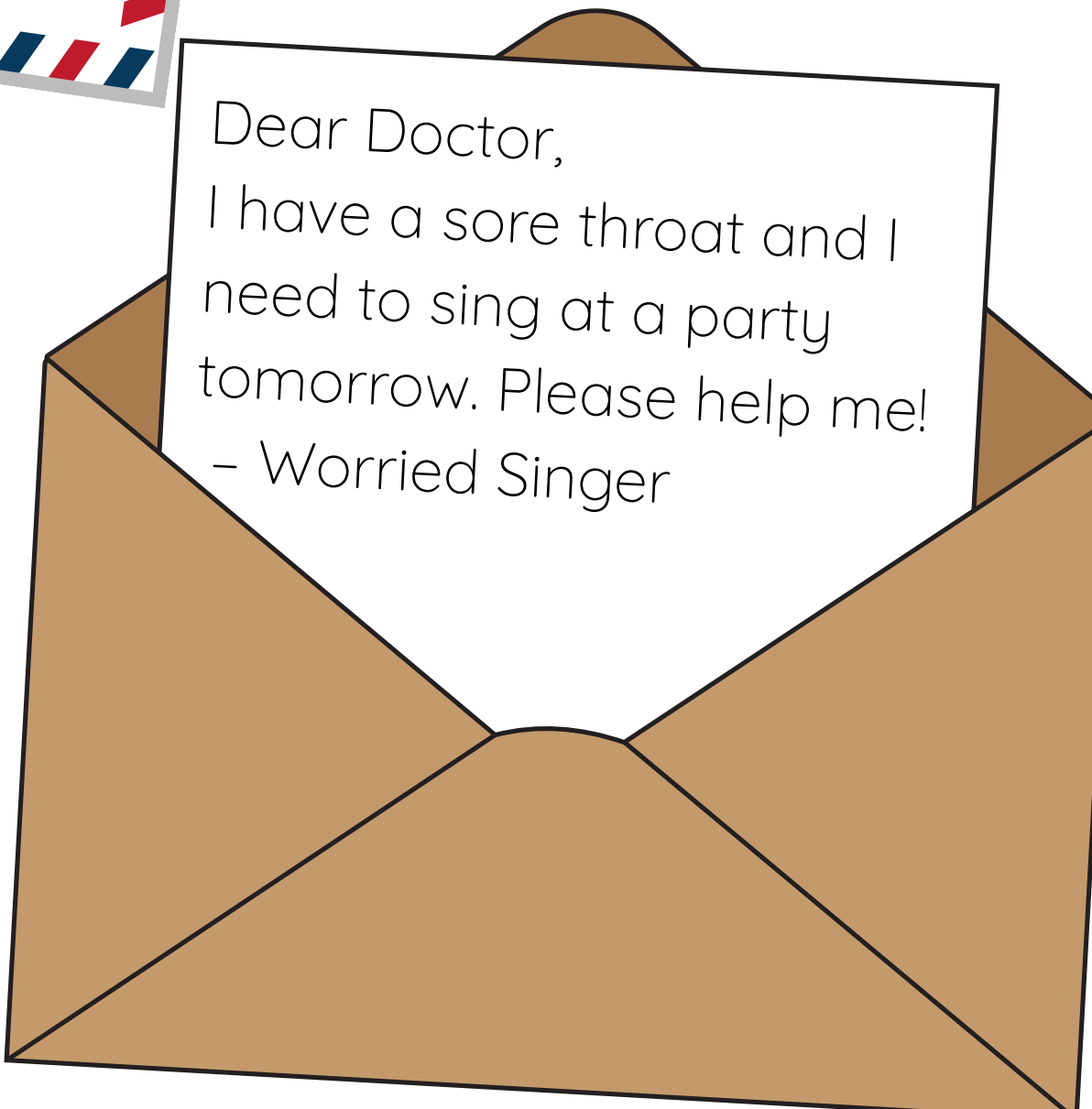
Dear Doctor,  
I often get headaches  
when I study. I don't  
know what to do.  
- Tired Student



Dear Doctor,  
I can't sleep well. I go to bed  
late, but I'm always on my  
phone. What can I do?  
- Sleepless in Berlin

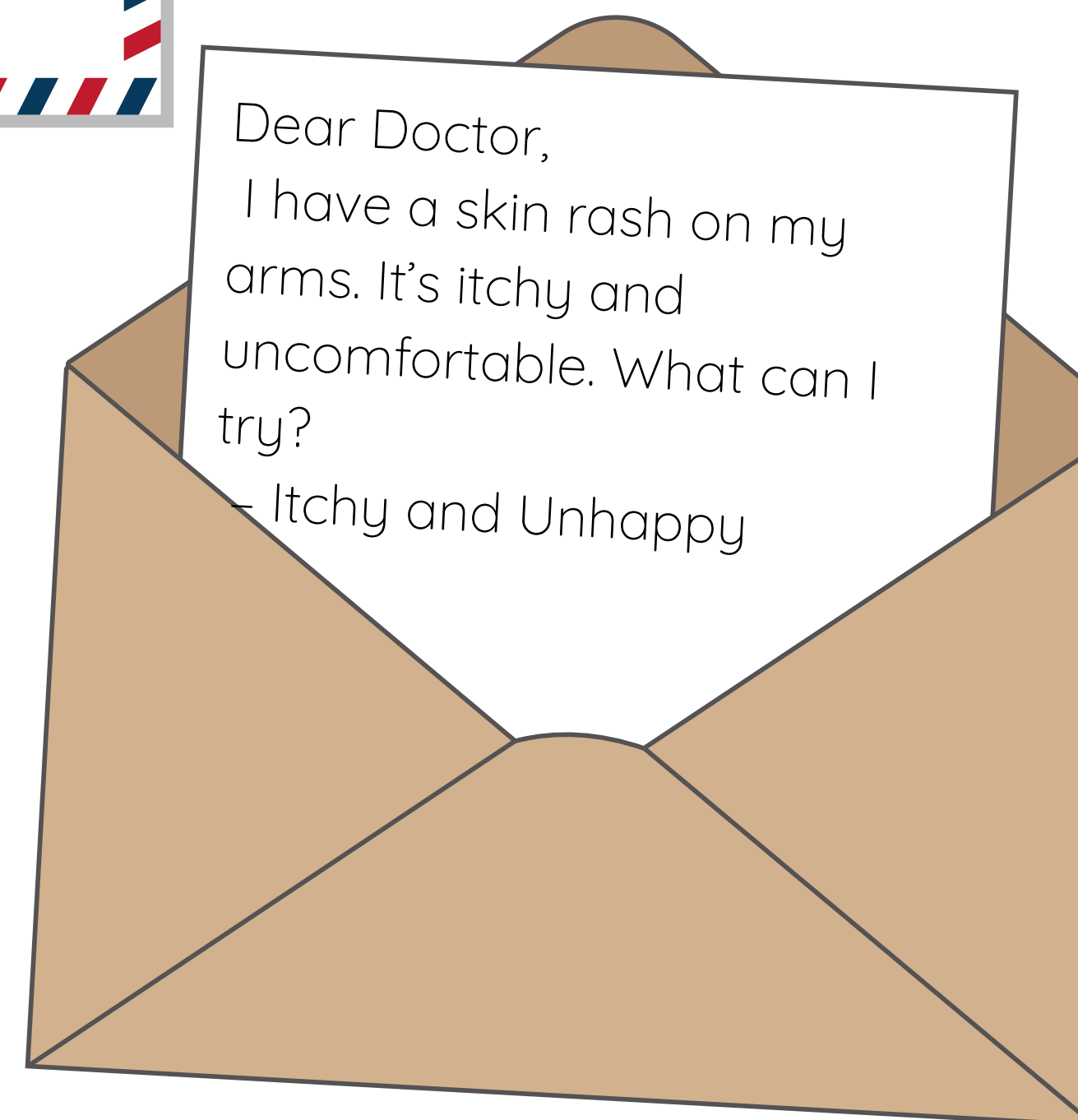
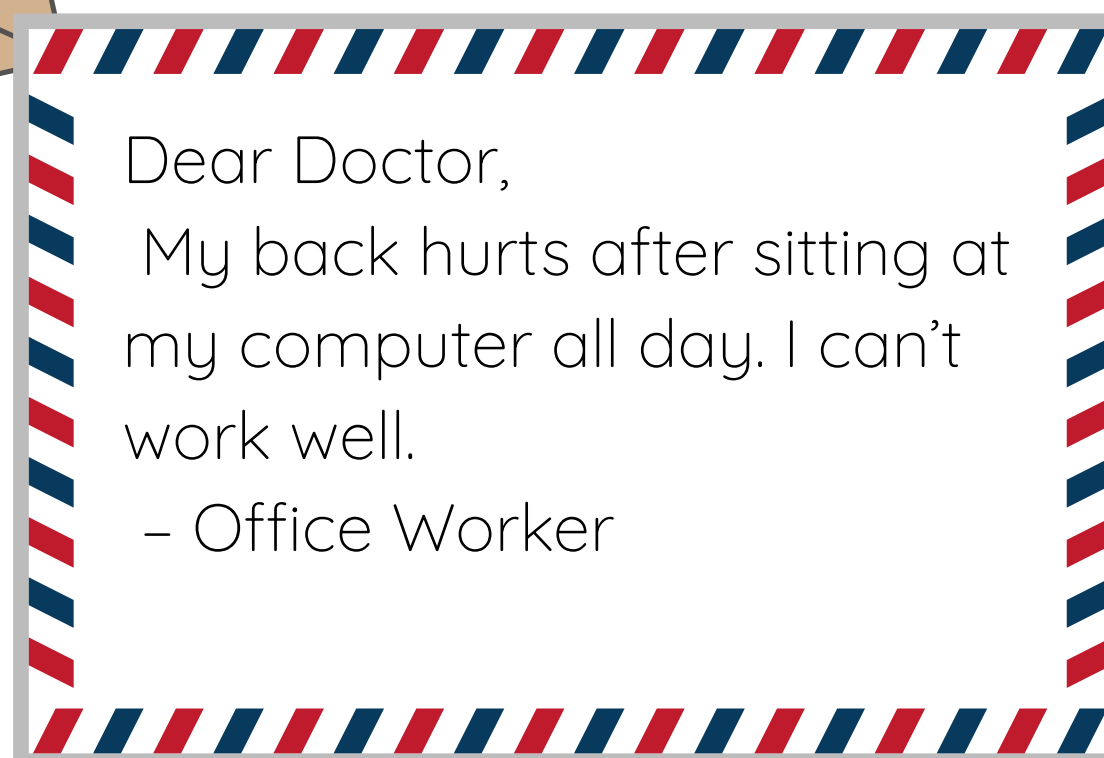
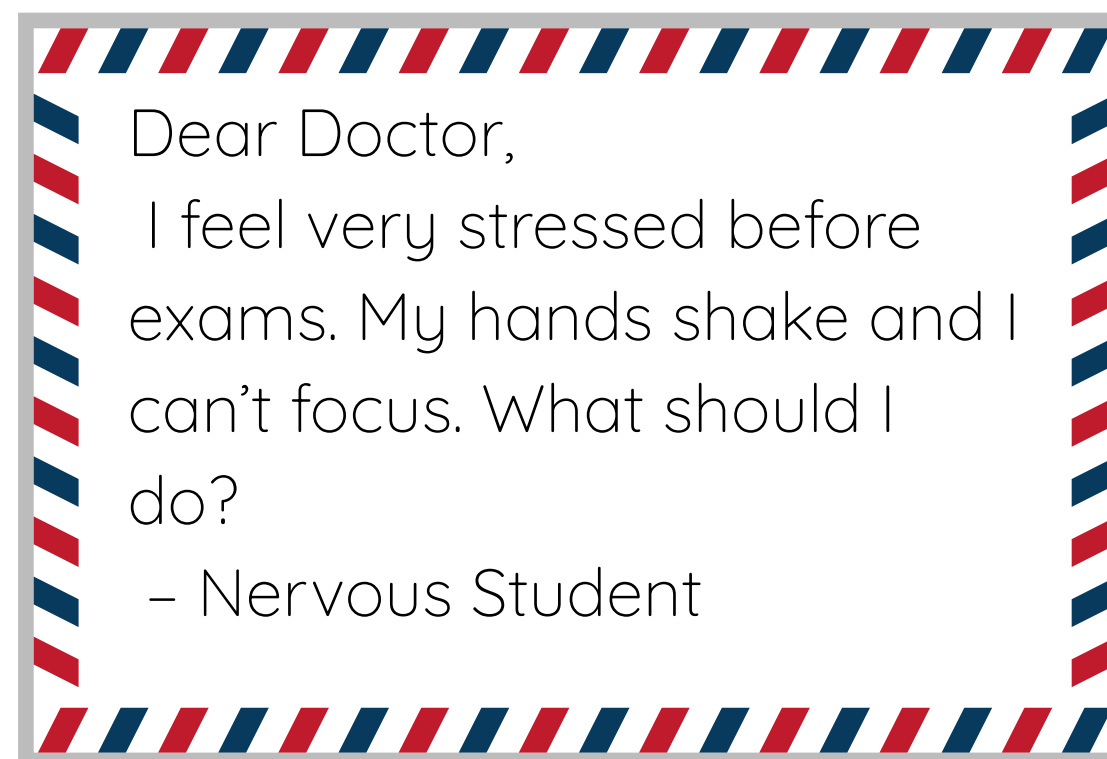


Dear Doctor,  
I eat a lot of fast food and  
now I often have  
stomachaches. I love burgers,  
but I don't feel good.  
- Hungry but Sick



Dear Doctor,  
I have a sore throat and I  
need to sing at a party  
tomorrow. Please help me!  
- Worried Singer

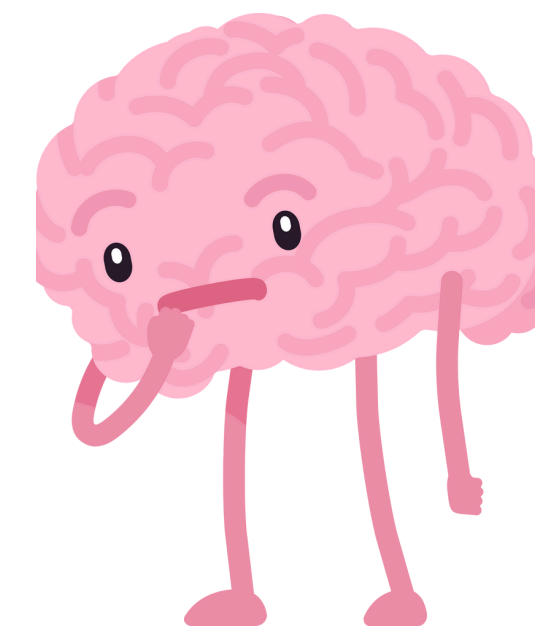
# Dear doctor....





# What do you think?

- Eating organic food is healthier, even if it's more expensive.
- Sugar should be taxed like alcohol or cigarettes because it damages health.
- People should take vitamin supplements every day, even if they eat well.
- Intermittent fasting is an effective and safe way to stay healthy.
- Regular exercise is more important than following a strict diet.
- Vaccines should be compulsory for everyone, except for serious medical reasons.
- Alternative medicine (like acupuncture or herbal remedies) can be just as useful as modern medicine.
- Home remedies, such as honey or ginger tea, often work better than medicine for small problems.
- Mental health is just as important as physical health and should be treated equally.
- Stress is one of the biggest causes of illness in modern life.
- People spend too much money on “superfoods” that are not really necessary.
- Technology (apps, fitness trackers, online consultations) has improved our health.
- People should avoid eating meat to protect both their health and the planet.
- Too many people take antibiotics when they don't really need them, which is dangerous.
- A positive attitude and enough sleep are more powerful than any medicine.



# Answer key for symptoms

1. How do you feel when you have a cold? (→ runny nose, sore throat, cough, tired)
2. What are the usual symptoms of the flu? (→ fever, body aches, chills, headache)
3. How does it feel when you twist your ankle? (→ pain, swelling, can't walk properly)
4. What happens when you have a stomach bug? (→ nausea, stomachache, diarrhoea, vomiting)
5. How do people usually feel with allergies? (→ itchy eyes, sneezing, runny nose, rash)
6. What are the signs that someone has a toothache? (→ sharp pain, can't eat, sensitive teeth)
7. How does your body feel when you have back pain? (→ stiff, sore, can't bend easily)
8. What are common symptoms of a migraine? (→ strong headache, dizziness, sensitivity to light/sound, nausea)
9. How might someone feel if they are dehydrated? (→ thirsty, dizzy, dry mouth, headache, tired)