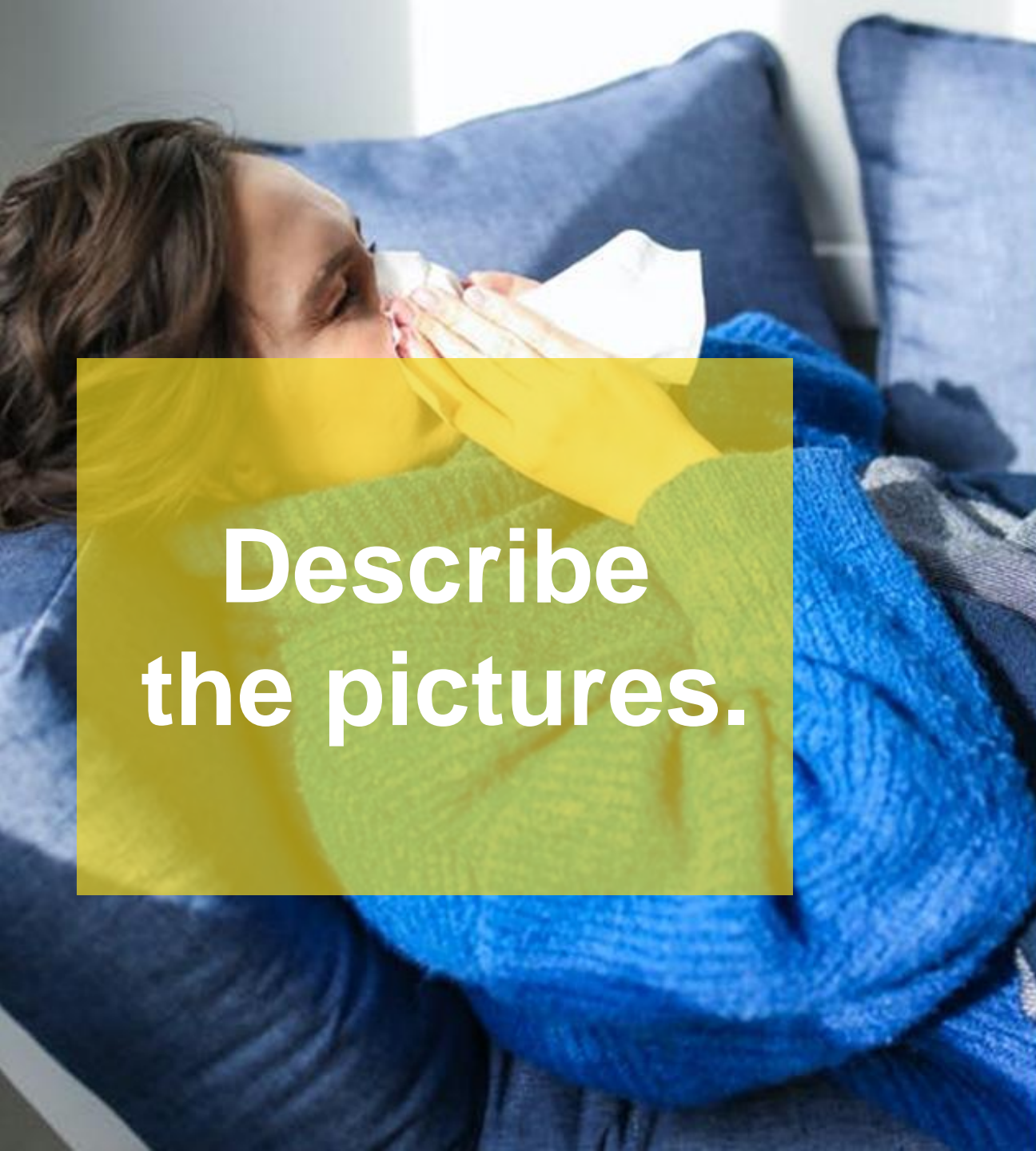


A red and white Volkswagen Type 2 van is parked on a dirt road in a tropical setting. The van is facing left and has a license plate that reads "100118 WY". The background is filled with lush greenery, including many tall palm trees and dense foliage. The sky is a clear, bright blue. The entire scene is framed by a thin black border.

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. A yellow rectangular box is overlaid on the left side of the image.

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

| Key Sentences

Read and share your opinions.

1. She's complaining about 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?



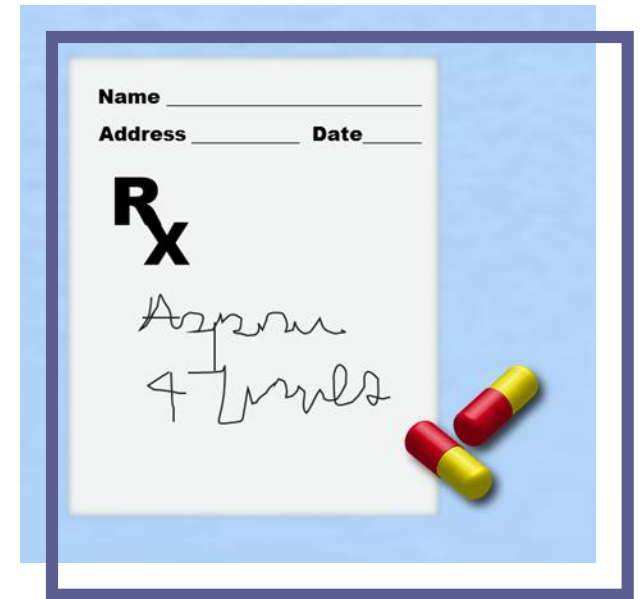
| Key Sentences

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

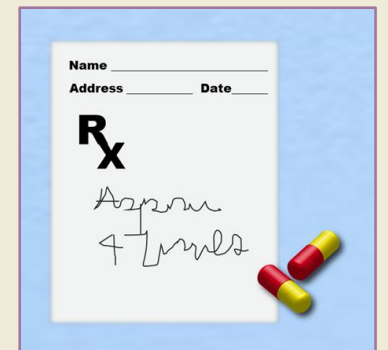
keeping fit

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
 Dos	<ol style="list-style-type: none">1. exercise regularly2. _____3. _____	<ol style="list-style-type: none">1. take time to laugh2. _____3. _____
 Don'ts	<ol style="list-style-type: none">1. eat too much junk foods2. _____3. _____	<ol style="list-style-type: none">1. overthink2. _____3. _____

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.					