

FUMC ESL 11-28-2011 Advanced Lesson

Body Part Idioms:

Read the sentences. Explain to the group what is happening. Then find the correct definition for the idiom from the list below.

1. Finally we *can breathe easily*. Jessica got her test results back and the cancer did not spread to other organs.
2. I'll be so glad when the rain stops and the children can go outside to play. They have been *at each other's throats* all day.
3. The woman was trapped in her home after the tornado destroyed the neighborhood. She yelled *at the top of her lungs* for several hours before someone heard her and came to the rescue.
4. Dan had *his back against the wall*. His application for a green card had been turned down. He could not remain in the country legally. He felt he had not other option than to go back to Mexico.
5. There is *bad blood* between Jeff and Tom. Tom dated Jeff's sister a long time. When they broke up his sister was really hurt and Jeff was really mad.
6. I really thought I had a good chance of getting that job, but the supervisor hired his nephew instead of me. I guess it's true that *blood is thicker than water*.
7. When I looked up and saw that huge spider on the window screen, my *blood ran cold*.
8. The issue of working on Sundays is a *bone of contention* between the employer and his employees.
9. I wish my mother would *get off my back*. Every night when I get home from work, she is *breathing down my neck* asking me if I have done my homework yet. I can't even relax for a minute.
10. I have been *a bundle of nerves* all afternoon. I'm waiting for my son to call and say he arrived safely in Mexico City. I'm so worried about him. I'll be relieved when I get his call.
11. I *can't stomach* my new boss. She is very arrogant and does not listen to other's ideas. She always thinks she knows the right answer.
12. You should be sure to *cover your back* if you decide to ignore the chairman's advice and tell the client the truth.

Definitions:

- a. pressuring someone to complete a task
- b. do something to protect yourself from criticism or future blame
- c. fighting or arguing all the time
- d. stop bothering a person
- e. be able to relax after a stressful time
- f. to dislike something or someone very much
- g. to be in a serious situation with few ways to react to it
- h. with a very loud voice
- i. very nervous
- j. a bad relationship because of past problems
- k. something that people disagree about
- l. family members are closer to one another than others
- m. be terrified

Verbs and Nouns: Many verbs also have a noun form. Read these sentence pairs below. Underline the verb in the first sentence and the matching noun in the second. Then make up a new sentence using the verb as a noun. For the last few sentences, you will have to create a sentence for the noun usage.

1-Back up a little bit.

My back hurts from sitting so long.

2-Balance on one foot for one minute.

My balance isn't as good as when I was young.

3-Blow the whistle and the dog will come.
He received multiple blows to the head.

4-The boy broke his arm when he fell out of the tree.
It was a really bad break.

5-They stamped their feet to get the mud off their boots.
Put a stamp on that envelope before you mail it.

6-I feel something at the bottom of the bag.
I don't have a good feel for how Mother will react to my new boyfriend.

7-She laughs easily.

8-I thought you were working late tonight.

9-That man winked at me.

10-The mother tenderly touched the baby's cheek.

11-I can't face another long lecture from that boring professor.

12-I can't bear the pain of this headache.

Discussion: Read this brief article and discuss the questions below

Your arteries carry blood from your heart to every part of your body. Your veins carry the blood back after it has delivered oxygen. Arteries can get clogged. This can cause heart attacks and strokes. Some of the things that can cause clogged arteries are high cholesterol and cigarette smoking. Doctors recommend the following:

- eating a diet low in fat and cholesterol and high in fruits and vegetables*
- not smoking*
- exercising regularly*
- managing stress levels*

- 1.Do you know whether you have high cholesterol?
- 2.Do you take any steps to prevent high cholesterol?
- 3.Have you considered giving up smoking?
- 4.Do you exercise regularly? What kind of exercise do you prefer?
- 5.Do you get stressed easily?
- 6.What causes your stress? What relieves your stress?
- 7.Do you see a doctor for regular check ups?
- 8.Are people in your country healthier than people in the US?
- 9.Compare diets in your country and here.
- 10.Do people in your country get more exercise than most Americans?