

Health Sayings

Have the students read each saying and tell what it means. Ask the other students if they agree with that definition.

- 1.He's the picture of health.
- 2.He's in top form.
- 3.I feel like a million bucks.
- 4.You look bright eyed and bushy tailed this morning.
- 5.I've just had a shower and feel fresh as a daisy.
- 6.She's fit as a fiddle.
- 7.You look dreadful. Did you have a bad night?
- 8.I feel like death warmed over.
- 9.Are you sure that chicken was fresh? You're looking a little green around the gills.
- 10.After eating the crab, her face was flushed. I was concerned she had a food allergy.
- 11.She was white as a ghost. I was afraid she might faint.
- 12.Are you allergic to shellfish?
- 13.I break out in a rash whenever I eat shrimp.
- 14.My sinuses are acting up.
- 15.I am sneezing and my eyes are puffy. I think I might be allergic to that grass.
- 16.She broke out in hives after eating the chocolate.
- 17.I have a splitting headache.
- 18.He's feeling a little under the weather today.
- 19.Whew, I'm exhausted!
- 20.Is there a history of heart disease in your family?
- 21.I would help you with that, but I pulled a muscle in my back.
- 22.I lost my appetite after seeing the fisherman clean the fish.
- 23.My son is not able to hold any food down.
- 24.My daughter suffers from insomnia.
- 25.The old man is on heart medication.
- 26.The doctor will probably want a blood sample.
- 27.Her color isn't good. I'm worried about her heart.
- 28.Mother was released from the hospital yesterday.
- 29.Is your niece still seeing a therapist?
- 30.Yes, she is still trying to cope with her postpartum depression.

Discussion:

- a)Do you frequently pull muscles when you do heavy lifting?
- b)Do you have a history of disease in your family?
- c)I am exhausted when I _____
- d)Have you ever broken out in hives? What from?
- e)Are you allergic to anything?
- f)Are you bright eyed and bushy tailed most mornings?
- g)Do you have a big or a small appetite?
- h)Do you ever have insomnia? What do you do about it?
- i)Are you afraid of needles?
- j)Do you think pets are good for a person's health?
- k)If you were the president, what would you do to improve people's health?

l)What disease frightens you the most?

m)When you are sick, do you consult the internet for health advice?

n)What does happiness have to do with healthiness?

o)Does happiness lie within you or does it depend upon external circumstances?

Word for the day: duped

If someone dupes you, they trick you. Example: The police uncovered a plot to dupe stamp collectors into buying fake rare stamps.

Read the paragraph about someone being duped. In your own words, explain what happened.

I was duped into going to this hotel by an offer of a free dinner. It turns out they gave us a two hour sales pitch on some real estate they wanted us to invest in. We had to sit through the sales pitch before we could eat. And after all that, the dinner wasn't even very good. I'll never fall for that again.