

I. Discuss these health idioms:

fit as a fiddle	pale as a ghost	at death's door	bundle of nerves	clean bill of health
skin and bones	in good shape	lapse into a coma	out cold	pass away
pull through	run down	run some tests	hoarse	take a turn for the worse
take your pulse	up and about	a shrink	organ donation	living on borrowed time

II. Read this story and discuss the idioms in bold text.

Last month, I was not feeling well. I was **under the weather**. I thought I had **caught a cold**. I had a **runny nose**, itchy eyes, a sore throat and a cough. I felt tired and **run down**. I was in poor condition because I had not been getting enough rest.

My body hurt all over. I also had severe head pains -- a real **splitting headache**. And I was **running a fever**. My body temperature was higher than normal.

At one point, I **blacked out**. That's right, I was **out cold**. I lost consciousness and my friend had to **bring me around**. He used cold water on my face to restore my consciousness.

I grew concerned that I might **take a turn for the worse**. I did not want to become sicker because then surely I would be **at death's door**.

My friend took me to the doctor. I told the doctor I thought I had **come down with a cold**. When the doctor saw me, she immediately wanted to **run some tests**. She said that medical tests would help her discover why I was sick. The doctor also asked when I had my last **physical**. I do not get yearly **check-ups**. But I probably should get a medical exam by a doctor every year.

Then the nurse **drew my blood**. She used a needle to take a small amount of blood from my arm. She sent it to a laboratory for tests. The nurse also **took my temperature**. She used a thermometer to measure my body temperature.

The doctor told me I had influenza, or **the flu**. But she told me I would recover soon. She said I was **over the worst** of the disease. She told me to rest at home and to stay away from other people because the flu can spread. It is **contagious**.

Thankfully, I did not have to **go under the knife**. I did not need an operation. Instead, I did **just what the doctor ordered**. I went home and did exactly what was needed to become healthy again. Soon, I was **on the mend**. I was **pulling through** and recovering from my sickness.

Now, I am **back on my feet**. I am physically healthy again. Even better, the doctor has given me a **clean bill of health**. She says that I am one-hundred percent cured. I am back to normal and I feel great. In fact, I **feel on top of the world**. My friends say I now **look like the picture of health**.

III. Have the students read the sentence pairs and mark the sentence that most represents their thinking on the subject. Encourage discussion and debate.

I eat whatever I want. I don't really pay attention to dietary advice.
I am very conscious of what I eat. I prefer to eat healthy all the time.

I am terrified of needles. I would rather take a pill than get a shot.
If I'm sick, I'd prefer to get an injection over taking a pill. It works faster.

I think your health is determined by your genes, not what you do. If your parents are healthy people you will be healthy.
You control your own health through diet and exercise.

I think good hygiene is very important to staying well. I wash my hands many times a day.
I don't worry about a few germs here and there.

Everything is fine in moderation. You can eat whatever you want, as long as you don't eat too much of it.
Foods high in fat, sugar and salt are bad for you no matter how little you eat.

I'm very interested in health. I read articles about health frequently.
I'm not at all interested in reading health articles.

All doctors are the same. I don't think it matters which doctor you go to.
Choosing a good doctor can make a lot of difference in your health.

I would never be a doctor. There is too much pressure. If you make a bad decision, someone can die.
I believe being a doctor is the noblest profession there is. You have an opportunity to save lives.

I believe a couple of glasses of red wine every day is a good health practice.
I stay away from alcohol. I believe if you drink alcohol every day, you are an alcoholic.

I have rarely met a person who did NOT suffer from back pain some of the time.
Most back pain is in the mind not in the back.

I was the kind of kid who was always being hauled off to the emergency room for stitches.
I was not accident prone as a kid. I've never broken anything or had stitches.

Fast food isn't healthy, but it sure is tasty.
Fast food is poison.

I don't like taking medicine and try to avoid taking anything unless I really need it.
Why should I diet to control my cholesterol when I can just take a pill that will reduce it.