

FUMC ESL 1-4-2024 High Intermediate and Advanced Lesson

Introduce yourself. Tell where you are from and where you live now.

TALKING ABOUT HEALTH ISSUES:



Match the symptoms above with the words below.

- | | | |
|-------------------|-------------------------|------------------------|
| sneezing _____ | throwing up or vomiting | coughing _____ |
| dizziness _____ | backache _____ | nausea _____ |
| headache _____ | sore throat _____ | toothache _____ |
| stomachache _____ | earache _____ | fever _____ |
| chills _____ | rash _____ | nasal congestion _____ |

Notice that we say headache, toothache, earache, stomachache, backache, BUT NOT throatache. We say "I have a sore throat."

Notice we say I **am** vomiting, I **am** coughing, I **am** sneezing, BUT I **have** a sore throat, I **have** a backache, I **have** chills. The difference is when the symptom is a noun, we use have. EX: I **have** a headache. I **have** fever. I **have** nausea. BUT when the symptom is a

verb in the present continuous tense, we use **am, is, are**. For example: I **am** sneezing, I **am** coughing. Some of these symptoms can be a nouns, verbs or adjectives. EX: I have nausea (noun). I am nauseated (adjective).

1. Tell which symptoms or injuries you have experienced. Would you go to a doctor if you were sneezing? Would you go to a doctor if you had fever? How do you decide whether to go to a doctor or not?
2. What is the difference in a stuffy nose and a runny nose?
3. What kinds of things cause allergies?
4. When you faint, you lose consciousness. You are not aware of what is happening. Have you ever fainted?
5. People can get dehydrated when they are sick, especially with vomiting or diarrhea. You must drink more liquids to stay hydrated.

Answer these questions about YOU. Then discuss with the group.

1. Do you get sick often?
2. Do you know of anything you are allergic to?
3. Many people in central Texas suffer from cedar fever at this time of year. It is caused when the cedar trees release their yellow pollen. It usually happens around Christmas and continues through January and February. The symptoms are runny nose, sneezing, headache. Have you ever suffered from cedar fever?
4. Many people are allergic to peanuts. What are some other common allergens (things that cause allergies).
5. Do you have a doctor in the U.S. that you like? How did you find him/her?
6. Do you get Covid vaccines and flu shots? Do they make you feel bad?
7. Do you take pain relievers often?
8. Have you ever broken a bone?
9. Is it easy to swallow pills? Would you rather take a pill or have a shot (injection).
10. Who do you trust for advice on illnesses or disease? (An illness is a temporary sickness. A disease is a more long term problem with your organs. For example, flu is an illness, but cancer is a disease.)

IDIOMS USED TO TALK ABOUT ILLNESS:

- 1-I was as **sick as a dog** all weekend. I ate some bad food and got **food poisoning**. Have you ever had food poisoning? What kinds of food can give you food poisoning?

2-Jeff thinks he is **coming down with something**. He has a headache and his throat is sore. He feels like he may have a low grade fever. Jeff decides to stay home from work and rest. How do you know if you are coming down with something?

3-We use "**catch**" or "**caught**" when we get an illness from someone. EX: Ramona was around her grandchildren this weekend. One of them had a cold. Today Ramona feels bad. She thinks she **caught** her grandchild's cold. Colds are **contagious**. Contagious means you can give the illness to others.

4-The baby is **running a fever**. He's holding onto his ear and **fussing**. I think he might have an ear infection again. I am **sick and tired** of his **constant** ear infections. I will ask the doctor how to prevent them.