

Lecture (11)

Health

Unit 3

In Unit 3, you learn how to . . .

- use the simple present and present continuous.
- use *if* and *when* in statements and questions.
- talk about health, remedies, sleep habits, and stress.
- encourage people to talk by making comments and asking follow-up questions.
- use expressions like *Wow!* and *You're kidding!* to show surprise.

Present Continuous

- The structure of the present continuous tense is:
- **Subject + *to be* + base + *ing*.**

	Subject	Auxiliary verb		main verb	
+	I	am		speaking	to you.
+	You	are		reading	this.
-	She/ He	is	not	living	in London.
-	We	are	not	playing	football.
?	Is	he		watching	TV?
?	Are	they		waiting	for John?

A Complete the conversations with the simple present or present continuous. Then practice with a partner.

- 1 A How do you cope (cope) with stress?
 B Well, I am taking (take) a course in aromatherapy right now, and I Am enjoying (enjoy) it. But everybody in my family is pretty relaxed. We Don't get (not get) stressed very often.
- 2 A What kind of exercise do you usually Do (do)?
 B I Like (like) swimming. My wife and I usually go (go) to the pool every day in the summer. Right now it's cold, so I Am not swimming (not swim) at all. But my wife goes (go) every day, even when it's cold.
- 3 A are you eating (eat) a lot of fast food these days?
 B Well, I love (love) it, but right now I Am trying (try) to eat a balanced diet. It's hard because my husband Doesn't like (not like) fruit and vegetables.

Lesson B

Aches and pains

In this lesson, we are going to learn how to use the **joining clauses with If and When** and **learning new vocabularies**.

New vocabulary

1) Fever:

a medical condition in which the body temperature is higher than usual and the heart beats very fast.



2) flu:

a common infectious illness that makes you feel very tired and weak, and makes you cough and have to clear your nose a lot (influenza).



New vocabulary

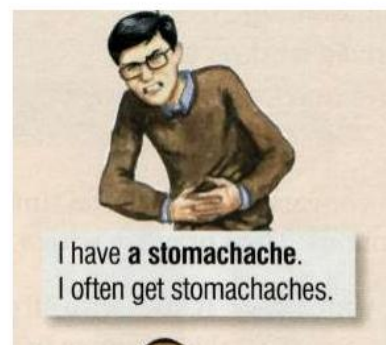
3) cough:

to force air out of your lungs through your throat with a short, loud sound.



4) Stomachache:

a pain in the stomach.



New vocabulary

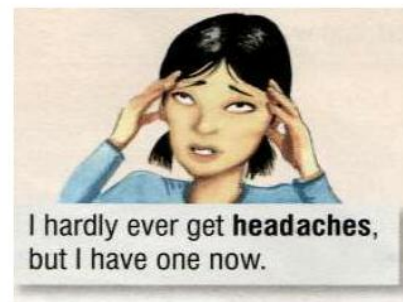
5) Toothache:

pain caused by something being wrong with one of your teeth.



6) Headaches:

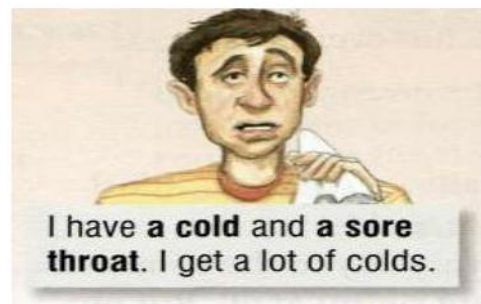
a pain you feel inside your head.



New vocabulary

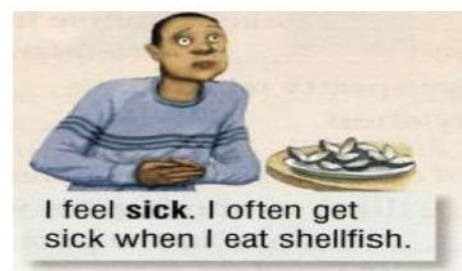
7) A cold:

A common illness that makes it difficult to breath through your nose and often makes your throat hurt.



8) Sick:

physically or mentally ill; not well or healthy.



New vocabulary

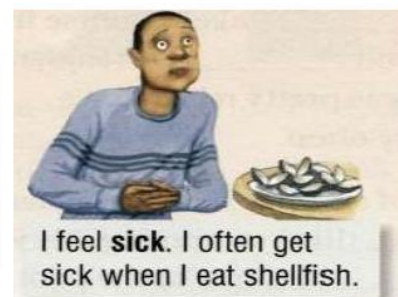
10) Allergies:

a condition that makes a person become sick or develop skin or breathing problems because they have eaten certain foods or been near certain substances.



11) Sick:

physically or mentally ill; not well or healthy.



joining clauses with **if** and **when**

Grammar *Joining clauses with if and when*

What do you take **when** you have a cold?

I don't take anything **when** I have a cold.

When I have a cold, I don't take anything.

What do you do **if** you get a really bad cold?

If I get a really bad cold, I drink hot vinegar with honey.

I drink hot vinegar with honey **if** I get a really bad cold.

What is a clause ?

A clause is a group of words that contains a verb (and usually other components also). A clause may form part of a sentence or It may be a complete sentence in itself. For example:

She likes swimming, and she swims every weekend.

I am driving the car that I bought last week.

When: for usual situations.

If: for unusual situations.

Exercise

Join the phrases with when to make them true about yourself.

1. Have a fever/ take medicine
when I have a fever , I usually take medicine.
2. Get a stomachache/ stay in bed.
I stay in bed when I get a stomachache.
3. Have a cough / go to the doctor.
sometimes I go to the doctor when I have a cough.
4. Feel sick / lie down for a while
when I feel sick, I usually lie down for a while.
5. Have a sore throat / drink hot tea with honey
when I have a sore throat, I always drink hot tea with honey.
6. Have a headache / take aspirin.
when I have a headache, I never take aspirin.

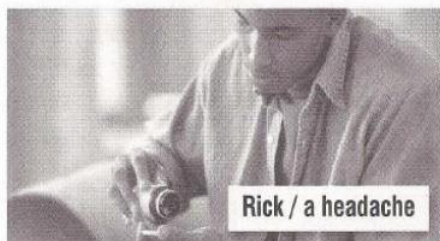
Look at the pictures. Write questions and answers.



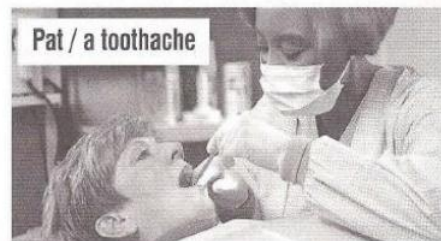
1. What does Ann do when she has the flu?
When Ann has the flu, she stays in bed.



2. What does Dan do when she has a cold?
If Dan has a cold, she visits the doctor.



3. What dose rick do when he has a headache ?
Rick takes medicine when He has a headache



4. What does pat do if she has a toothache ?
Pat goes to see a dentist if She has a toothache