

Lecture (9)

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:

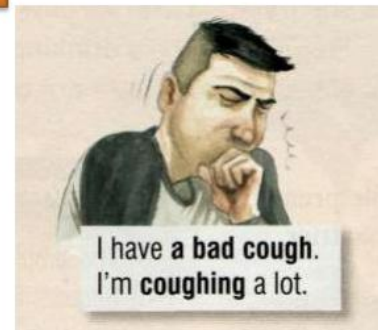
a common infectious illness that makes you feel very tired and weak, and makes you cough and have to clear your nose a lot (influenza).



New vocabulary

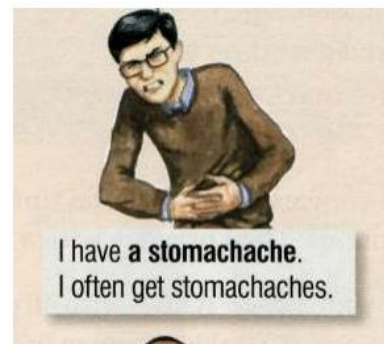
3) cough:

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



4) Stomachache:

a pain in the stomach.



New vocabulary

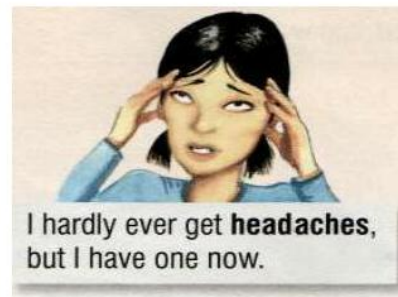
5) Toothache:

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



6) Headaches:

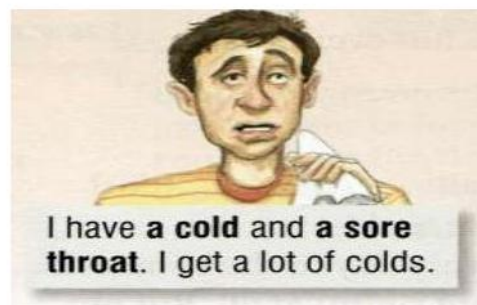
a pain you feel inside your head.



New vocabulary

7) A cold:

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



8) Sick:

physically or mentally ill; not well or healthy.



New vocabulary

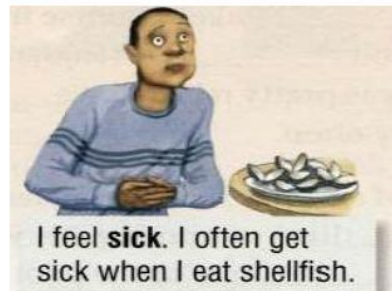
10) Allergies:

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.



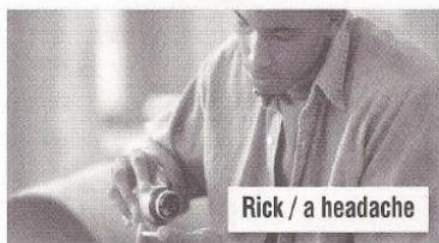
Ann / the flu

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



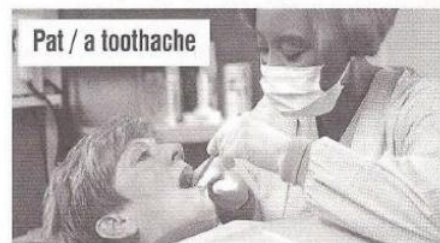
Dan / a cold

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



Rick / a headache

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



Pat / a toothache

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