

# *Lecture 12*

Unit 3

Look at the picture. Then answer the questions with the correct form of the verbs in the box

do karate	eat fruit	play tennis
✓drink water	exercise	try to lose weight



1. What is Bryan doing now to stay healthy?

- a. He's drinking water.
- b. He's exercising
- c. He's trying to lose weight

2. What else does he do to stay healthy?

- a. He does karate
- b. He eats fruit
- c. He plays tennis

**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 'm taking (take) a course in flower arranging right now, and I 'm 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 brother and I usually go (go) to the pool every day in the summer. Right now it's cold, so I 'm not swimming (not swim) at all. But my brother goes (go) every day, even when it's cold.

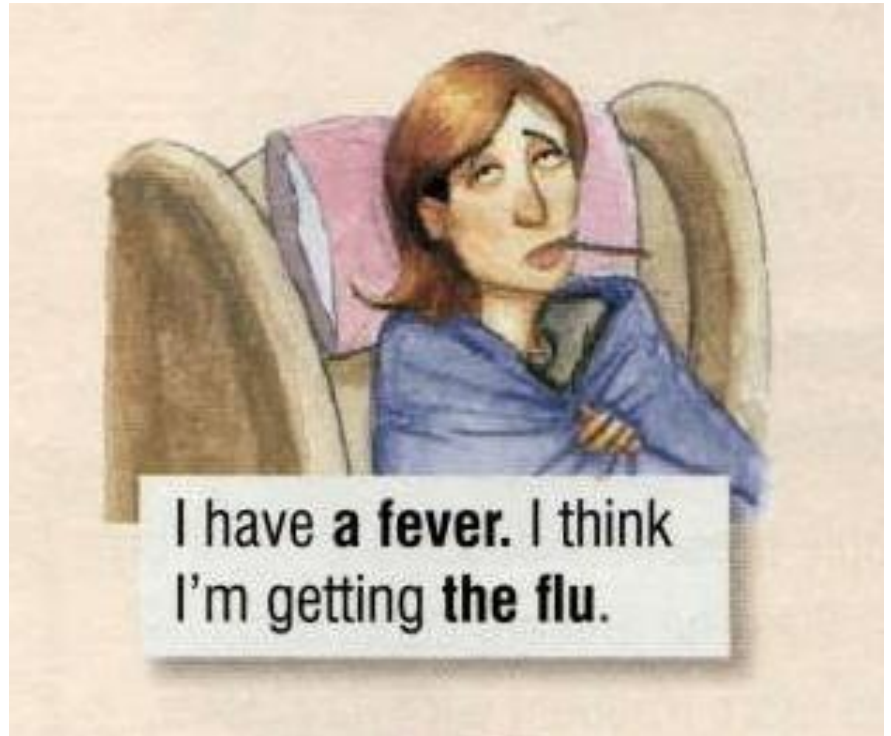
③ A Are you eating (eat) a lot of fast food these days?

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.

# ACHES AND PAINS

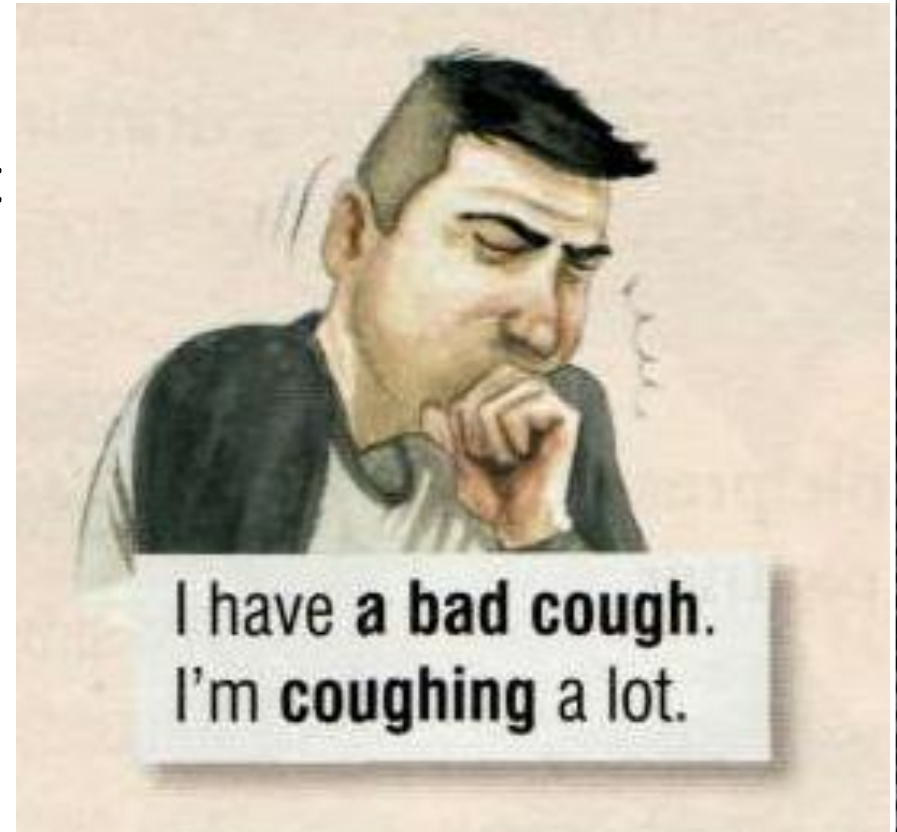
**Fever:** an illness or a medical condition in which you have a very high temperature.

**The flu:** a common illness that makes you feel very tired and weak, gives you a sore throat, and makes you cough and have to clear your nose a lot [influenza]



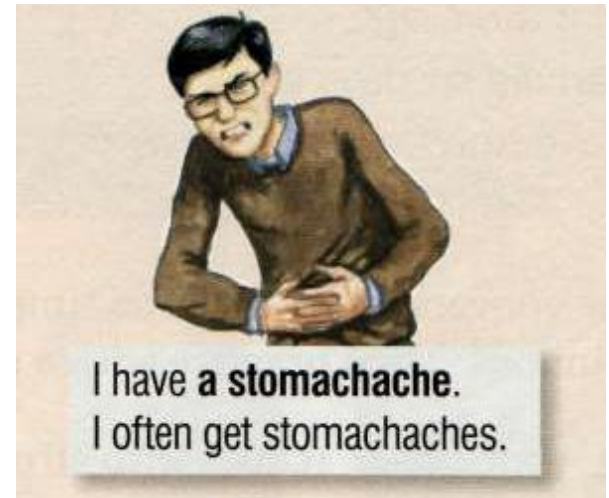
# ACHES AND PAINS

**Cough** : to suddenly push air out of your throat with a short sound, often repeatedly.



# ACHES AND PAINS

**Stomachache** : pain in your stomach or near your stomach.



**toothache** : a pain in a tooth



# ACHES AND PAINS

**headache:** a pain in the head



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



**Sore throat:** a pain in the front of your neck.

# ACHES AND PAINS

**sick** : suffering from a disease or illness. if you are sick, the food in your stomach comes up through your mouth [vomit, throw up]

**allergy**: a medical condition in which you become ill or in which your skin becomes red and painful because you have eaten or touched a particular substance

**sneeze**: if you sneeze, air suddenly comes from your nose, making a noise



# Pain – Ache - Sore

**Pain:** for a short time.

*After the accident I felt a pain in my knee.*

**ache:** for a long time.

*I have a bad headache.*

**sore:** a pain to the move, touch or swallow.

*I have sore eyes.*

*His elbow is sore*

# Adverbs of Frequency

**Never:** at no time.

*I never get colds. I always feel healthy.*

**Hardly ever:** almost never.

*I hardly ever have a stomachache.*

**Sometimes:** from time to time, now and then.

*Sam sometimes gets a toothache. He eats a lot of candies.*

**Often:** many times, frequently.

*They often feel sick after having seafood.*

**always:** all the time.

*I love chocolate. I always eat it*

# Joining Clauses with *if* and *when*:

## What is a clause?

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

He loves sports, and he plays football on weekends.

I am driving the car that I bought last week.

# Joining Clauses with *if* and *when*:

**When:** for usual situations.

**If:** for unusual situations.

I watch TV **when** I have free time.

**When** I feel tired, I get some rest.

I'll visit Eiffel Tower **if** I go to Paris.

**If** it rains tomorrow, I'll stay at home.

# 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.

## Exercise 1:

Join the phrases with when and if to make true sentences 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 hardly ever 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.**

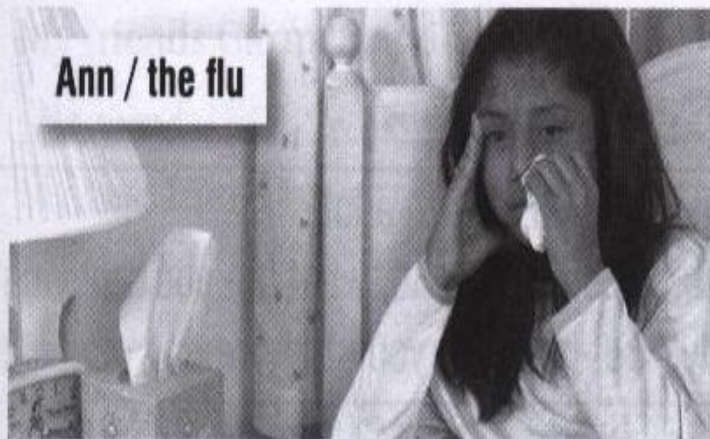
5. Have a sore throat / drink hot tea with honey

**When I have a sore throat, I always drink hot tea with honey.**

6. Have a headache / take aspirin

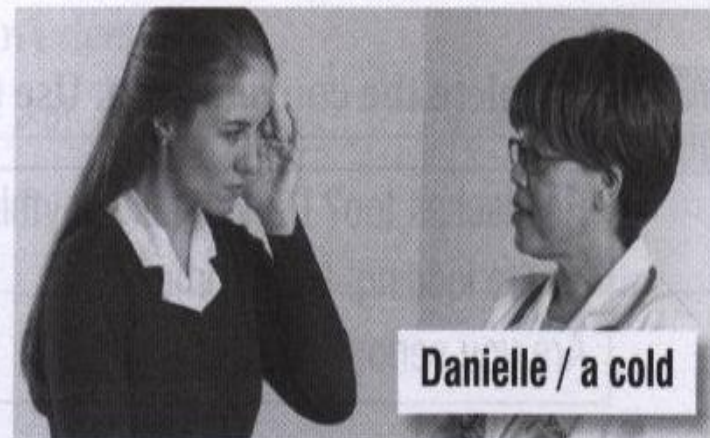
**When I have a headache, I never take aspirin.**

Look at the pictures. Write questions and answers.



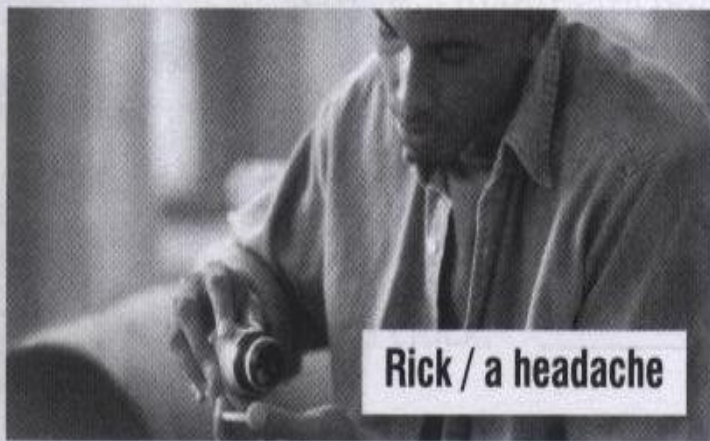
**Ann / the flu**

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



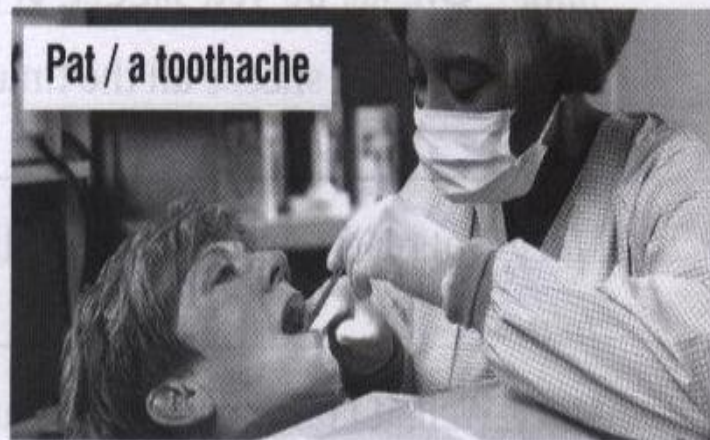
**Danielle / a cold**

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



**Rick / a headache**

3. What does 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