

Lesson 5. Back on your Feet

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Learning Objectives

After this lesson, students will be able to:

- Determine what “back on your feet” means.
- Recognize and discuss symptoms, causes and remedies of various illnesses.
- Assess one’s own health habits.
- Use affirmative sentences with has or have got to talk about illnesses.
- Discuss idiomatic expressions related to illnesses.
- Practice tongue twisters and minimal pairs.

Lesson 5. Back on your Feet



HERBAL MEDICINE

MEDICAL DRUGS

Which one do you take when you are sick? Why?

Lesson 5. Back on your Feet

We get sick when we have to fight off viruses or bacteria that have invaded our bodies. A lot of the symptoms we have when we are sick, such as fever, runny noses, coughs and sneezes, are our bodies' way of getting rid of those nasty little bugs.

To be **back on your feet**, means to be physically healthy again after an illness or an injury.

Example:

My grandmother had a bad 'flu but she's *back on her feet* again.



Lesson 5. Back on your Feet

SYMPTOM: any feeling of illness or physical or mental change that is caused by a disease

Ex: *Muscle aches* and *fever* are symptoms of the flu.

1. When you are not able to go to the toilet but you want to and the toilet is available you might have,
 - a. diarrhea
 - b. constipation
2. Sometimes if you eat a lot of cabbage or popcorn or if it is a woman's period (and your stomach appears bigger than usual but not necessarily full you might be),
 - a. Bloating
 - b. fat
3. When you need to go to the toilet often, and you might also have a stomach ache. (Hint: it is often messy...), you might have,
 - a. diarrhea
 - b. constipation
4. When your temperature is very high you might have a,
 - a. hot
 - b. fever



Lesson 5. Back on your Feet

REMEDY: a substance or method for curing an illness

When do we use the following remedies?



Ointment



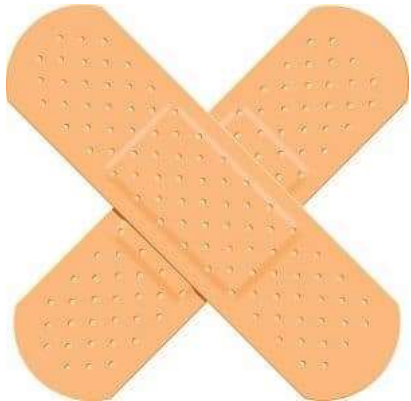
Chicken Soup



Warm Compress



Sleep



Band Aid



Aloe Vera



Pills or Tablets



Chamomile Tea

Lesson 5. Back on your Feet

What remedy would you recommend for the following conditions?



Rash



Bruise



Cut



Cough



Toothache



Back Pain



Sprain



Flu

Lesson 5. Back on your Feet

Affirmative sentences with have got and has got.
At the doctor's office. Explain how you got it.

Example:

Doctor: What's the matter?

Patient: I have got a cough.

Doctor: How did you get it?

Patient: I ate too much ice cream.



We use **has got** in the 3rd person singular (*he, she, it*), and we use **have got** with all other persons.

How did you get it?

Lesson 5. Back on your Feet

Unusual Headache

He has a headache. His headache started an hour ago. His head feels like it will explode. Of course, his head wouldn't explode. It just feels that way. The headache is in the back of his head. That is where his headaches usually are. Sometimes he has headaches on the top of his head. Sometimes he has headaches in the front of his head. Sometimes his headaches are between his eyes. Sometimes his whole head hurts. But usually the back of his head hurts. His headache started while he was reading. Reading causes headaches for him. He hates his headaches, but he loves to read.



He reads for only 15 minutes. Then he stops reading. He takes a break. If he reads for 16 minutes, he'll get a headache. So he tries to take a break every 15 minutes. But sometimes he forgets to take his break. Today he forgot to take a break. Now he must wait until the headache goes away. It will take an hour or two. Then he can read again. But right now he must live with the pain.

Lesson 5. Back on your Feet

1. How long has he had a headache?
2. How does his head feel?
3. Which part of the head can headaches be felt?
4. What causes his headaches?
5. What does he do every 15 minutes?
6. How long will the headache stay?
7. What do you recommend to get rid of his headache?

Have you ever been very sick? What did you feel ?
What did you do to get back on your feet?



Lesson 5. Back on your Feet

Match column A with the symptoms on the right.

Symptoms

1. pain in or near a tooth
2. the condition of being larger than normal
3. to make a hole or wound in (a person's skin)
4. weak and dizzy
5. a dark and painful area on your skin that is caused by an injury
6. the feeling you have in your stomach when you think you are going to vomit
7. pain in the back
8. a group of red spots on the skin that is caused by an illness or a reaction to something
9. pain in the throat due to inflammation of the fauces (throat) and pharynx
10. an act or instance of disgorging the contents of the stomach through the mouth;
11. to force air through your throat with a short, loud noise often because you are sick

Illness

- A. Nausea
- B. Swelling
- C. Sore throat
- D. Back ache
- E. Rash
- F. Vomiting
- G. Cut
- H. Bruise
- I. Toothache
- J. Cough
- K. Faint

Lesson 5. Back on your Feet

Match column A with the symptoms on the right.

Symptoms

12. an illness like a very bad cold, with a high temperature, pains and weakness
13. when your ear hurts
14. when you're so cold you can't warm up and your body is shivering
15. when stuff is coming out of your nose and won't stop
16. when your stomach hurts
17. a common illness that affects the nose and/or throat, making you cough & sneeze
18. when your head feels funny and you think you might fall down

Illness

- L. Earache
- M. Cold
- N. Runny nose
- O. Chills
- P. Dizzy
- Q. Stomach ache
- R. The flu



Lesson 5. Back on your Feet



Is prevention always better than cure?

Lesson 5. Back on your Feet

Directions: Read each statement on the chart below and put a checkmark beside how often you do them.

How often do you...	Every day	Once a Week	Twice a Week	Once a Month	Once a year	Never
get a check-up?						
drink alcohol?						
exercise?						
smoke?						
get at least eight hours of sleep?						
eat fruits?						
eat vegetables?						
worry?						
take time to relax?						
eat sweets?						
eat fried foods?						

What changes do you think you need to make in your health habits?

Lesson 5. Back on your Feet

Present Perfect Tense

The present perfect tense refers to an action or state that either occurred at an indefinite time in the past (e.g., we have talked before) or began in the past and continued to the present time (e.g., he has grown impatient over the last hour). This tense is formed by **have/has + the past participle**.

Example:

I **have seen** the doctor.

Note: You CANNOT use the present perfect with specific time expressions such as: yesterday, one year ago, last week, when I was a child, when I lived in Japan, at that moment, that day, one day, etc.

The present perfect tense is quite complicated to explain. It is used when an action that happened in the past continues to have a strong connection in the present.

Example:

I **haven't seen** the doctor. (*That's why I don't feel well.*)

EVER

The adverbs *ever* and *never* express the idea of an unidentified time **before now** (*Have you ever consulted a doctor?*) '*Ever*' and '*never*' are always placed **before the main verb (past participle)**. Ever is used:

IN QUESTIONS – Have you ever checked with your doctor?

IN NEGATIVE QUESTIONS – Haven't you checked with your doctor?

IN NEGATIVE STATEMENTS USING THE PATTERN NOTHING+EVER OR NOBODY+EVER – Nobody has ever taken this medicine before.

WITH THE FIRST TIME – It's the first time I've ever felt this pain.

Lesson 5. Back on your Feet

Let's Practice.



Have you ever been to a hospital?

Have you ever been in an ambulance?

Have you ever broken a bone?

Have you ever burnt yourself?

Have you ever caught bad colds?

Have you ever sprained your ankle?

Have you ever fainted?

Have you ever had a cut that needed stitches? Have you used crutches?

Have you ever been hurt emotionally?

Lesson 5. Back on your Feet

Rx

PATIENT NAME: _____
ADDRESS: _____

DIRECTIONS:

What does it mean to be healthy?
What do you do to stay healthy?
Do you take vitamin supplements? protein? minerals?
Do you take medicine soon when you don't feel well?
Are there any medicines that you always carry around with you?
When was your last physical exam? visit to a doctor?
When was the last time you were sick? went to a hospital?
How is your physical condition now?

SIGNATURE: _____ DATE: _____

Lesson 5. Back on your Feet



When he came home from the war he was **a bag of bones**.



Our manager has gone to **recharge her batteries** in Paris.



Tom's been feeling **under the weather** for a couple of days, so he's seeing a doctor.



Mark's being a **pain in the neck**, so I try to avoid him.



My grandfather is 76 years old but is still **fit as a fiddle**.

Lesson 5. Back on your Feet

Tongue Twisters

A black bloke's back brake-block broke.

As one black bug, bled blue, black blood. The other black bug bled blue.

When a doctor doctors a doctor, does the doctor doing the doctoring doctor as the doctor being doctored wants to be doctored or does the doctor doing the doctoring doctor as he wants to doctor?



Lesson 5. Back on your Feet

Minimal Pairs

pan	fan
pin	fin
paint	faint
pig	fig
pine	fine

peel	feel
pat	fat
pair	fair
pile	file
pit	fit

pole	foal
port	fort
purr	fur
pork	fork
palm	farm

The End