LASSN

English at Home

Resource pack

Health 2:

symptoms and illnesses



This pack moves from single words for parts of the body to short phrases and sentences to describe symptoms an illnesses in themselves and others. For learners who can, it then moves on to conversations and giving advice. This links with the NHS pack (Health pack 3) about where to go for which health problem.

There is quite a lot of grammar involved here. However you may want to just teach the phrases as they are for now. Or you could look at phrases with the same construction in a later lesson

eg I’ve got two daughters, I’ve got a stone in my shoe.

Even if a student is unable to form accurate sentences or speak at any length, these phrases should allow them to at least partially communicate with health workers.

**Talking about health problems – pain**

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|  |  |
| --- | --- |
| I’ve got a  She’s got a  He’s got a | headache. |

|  |  |
| --- | --- |
| I’ve got  She’s got  He’s got | toothache.  stomach ache / tummy ache.  backache.  earache. |

|  |  |  |
| --- | --- | --- |
| My  Her  His | stomach / tummy  back  ear  arm  wrist  leg  ankle | aches. |

|  |  |  |
| --- | --- | --- |
| My  Her  His | stomach / tummy  back  ear  arm  wrist  leg  ankle  knee  finger  thumb  hip  chest  neck | hurts. |
| It’s a | dull  sharp  stabbing  throbbing | pain. |

|  |
| --- |
| It’s very painful.  It really hurts.  It’s quite painful.  It hurts.  It’s a bit painful.  It hurts a bit. |

**Talking about health problems – other symptoms**

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|  |  |
| --- | --- |
| I’ve got a  She’s got a  He’s got a | temperature.  rash.  lump.  sore throat. |

|  |  |
| --- | --- |
| It feels | hot.  cold.  tender. |

|  |  |
| --- | --- |
| I feel  She feels  He feels | hot.  cold.  dizzy.  faint.  weak.  down / low / depressed.  confused.  sick. |

**Talking about health problems – problems and illnesses**

|  |  |
| --- | --- |
| I’ve got  She’s got  He’s got | a cold.  flu.  a cough (dry, chesty).  diarrhoea.  an ear / eye / chest / throat infection.  headlice / nits.  asthma.  eczema.  migraine.  diabetes.  heart disease.  cancer. |
| I think I’ve got  She thinks she’s got  He thinks he’s got |

**I’ve got / he’s got / she’s got?**

Write sentences using got.

*example:*

He/ headache

**He’s got a headache**.

1. Me/ chest infection

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2. My children/ asthma

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3. Me/ sore throat

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4. My sister/depression

-----------------------------------------------------------------------------------

5. Your wife/ cough

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6. Abdul’s mother/ toothache

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7. My son/ constipation

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8. Our baby/ diarrhoea

-----------------------------------------------------------------------------------

**What’s the matter?**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **headache_180med**  He’s got a headache. | | |  | **cold_med129**  He’s got a cold. | |
|  | **rash_105med**  She’s got a rash. | | |  | **sorethroat_120med**  He’s got a sore throat. | |
|  | **cough_med154**  He’s got a cough. | | |  | **stomach_ache_95med**  She’s got stomach ache. | |
|  | |  | **temperature_med300**  She’s got a temperature**.** | | |  |

**What’s the matter?**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **headache_180med**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | |  | **cold_med129**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
|  | **rash_105med**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | |  | **sorethroat_120med**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
|  | **cough_med154**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | |  | **stomach_ache_95med**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
|  | |  | **temperature_med300**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | |  |

**At the Doctor’s**

**Doctor:** Good morning.

**You:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Doctor:** What’s the matter today?

**You:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Doctor:** Where is the pain?

**You:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Doctor:** How long have you had the pain?

**You:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Doctor:** Describe the pain.

**You:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It’s a dull ache It’s a sharp pain It hurts every time I eat or drink

Here in my lower back Just here in my stomach Only when I play football

When I lie down It hurts when I stand up Since yesterday

My shoulder About a week It makes me feel sick

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=pY2ThPcOn7FftM&tbnid=hbLoA22_BIQFiM:&ved=0CAUQjRw&url=http://www.thinkstockphotos.co.uk/image/stock-photo-elegant-women-walking-the-crowded-city-street/166540598&ei=bi3iU4P4Fcmu0QWLrYDwCQ&bvm=bv.72197243,d.d2k&psig=AFQjCNEoX3CtbUGR60MhqKRStRFsadrB8g&ust=1407418036843064)

**Sara:** Hi how are you?

**Helen:** I’m ok, but my knee really hurts.

**Sara:** Oh dear, what happened?

**Helen:** I think I twisted it yesterday when I was in the park,

I’ve got an appointment with the doctor tomorrow.

**Sara:** Oh good, I hope it feels better soon.

**Helen:** Thank you. See you later.

**Sara:** Bye.

**Shanaz** Hi how are you?

**Jessica** I’m ok, but my back hurts today.

**Shanaz** Oh dear, what happened?

**Jessica** Nothing happened, sometimes it hurts, I think it’s because of all the housework!

**Shanaz** You should try to rest this afternoon.

**Jessica** Yes, I’ll try. See you later.

**Shanaz** Bye.

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&docid=pY2ThPcOn7FftM&tbnid=hbLoA22_BIQFiM:&ved=0CAUQjRw&url=http://www.thinkstockphotos.co.uk/image/stock-photo-elegant-women-walking-the-crowded-city-street/166540598&ei=bi3iU4P4Fcmu0QWLrYDwCQ&bvm=bv.72197243,d.d2k&psig=AFQjCNEoX3CtbUGR60MhqKRStRFsadrB8g&ust=1407418036843064)

**Sara:** Hi \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_\_?

**Helen:** I’m ok, but \_\_\_ knee \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_.

**Sara:** Oh dear, what happened?

**Helen:** I think I \_\_\_\_\_\_\_\_\_\_ it yesterday when I was in the park,

I’ve got an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the \_\_\_\_\_\_\_\_\_\_ tomorrow.

**Sara:** Oh good, I hope it feels better soon.

**Helen:** Thank you. \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_\_.

**Sara:** Bye.

**Shanaz** Hi \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_?

**Jessica** I’m ok, but \_\_\_ back \_\_\_\_\_\_\_ today.

**Shanaz** Oh dear, what \_\_\_\_\_\_\_\_\_\_\_\_?

**Jessica** Nothing happened, sometimes it \_\_\_\_\_\_\_, I think it’s because of all the housework!

**Shanaz** You \_\_\_\_\_\_\_\_\_\_ try to rest this afternoon.

**Jessica** Yes, I’ll try. See you later.

**Shanaz** Bye.

**Talking about health**

**Past and present**

|  |  |
| --- | --- |
| **How do you feel today?** | **How did you feel last week?** |
| I’ve got a cold |  |
| I’ve got toothache |  |
| I’ve got a temperature |  |
|  | I had flu |
| I’ve got a sore throat |  |
|  | I had a rash |
| I feel dizzy |  |
| My leg was swollen |  |
| My son’s got chicken pox |  |
| My daughter’s got earache |  |
| My husband has got a bad cough |  |
| My wife has got backache |  |

*(a)* Write a note to say why your son or daughter didn’t go to school yesterday.

*Or*

*(b)* Write a note to say why you didn’t go to work yesterday.

|  |  |
| --- | --- |
| **Problem 1**  Your friend has told you that she can’t sleep and feels stressed all the time because of her job.  What is your advice? | **Problem 5**  Your friend’s teenage child feels tired all the time and looks very pale.  What is your advice? |
| **Problem 2**  Your neighbour has always had regular headaches but last week he had a really bad one, it made him feel sick and he had to lie down.  What is your advice? | **Problem 6**  Your brother takes a particular medicine regularly, you notice that he is about to run out.  What is your advice? |
| **Problem 3**  Your sister has lived in Leeds for a year but still doesn’t have a dentist.  What is your advice? | **Problem 7**  Your friend says she has had a strange lump on her wrist for over a year.  What is your advice? |
| **Problem 4**  Your neighbour just told you that her daughter fell over and won’t stop crying.  What is your advice? | **Problem 8**  Your friend had a minor operation last week, she went straight back to work but now feels very tired and poorly. What is your advice? |

**A letter to a friend about health**

Read the letter then answer the questions and write a reply.

Dear Maria

How are you? It was really nice to get your last letter, I’m glad to hear the children are all fine and that you are enjoying your classes. I go to college four times a week now, I’m learning fast!

I have a problem that I’d like your advice about, I think you had a similar problem a few years ago. I have a headache nearly every day, this has been happening for about three months now. At first I took paracetemol but now they don’t seem to work.

My neighbour told me to get some fresh air but I’m so busy with the housework and the kids I don’t know how to find the time. I’m always either cleaning, cooking or driving the kids somewhere. Another neighbour told me I should stop worrying but how can I do that? I have so many worries going round and round in my head.

I read an article in a magazine about migraines, do you think this is my problem? I haven’t been to the doctor because it doesn’t seem like a serious problem, but it’s making me feel so tired.

It would be great if you could give me some advice, everything else in my life is fine but these headaches are really getting me down.

Love from

Jennifer

1) Is this a formal or informal letter? How do you know?

2) Who is Maria?

3) Who is at college?

4) What is a migraine? (Use your dictionary if you don’t know)

5) What advice has Jennifer already received about her headaches?

6) What do you think about this advice?

**Now write a reply – give Jennifer advice about what she should do and write about your own experiences of the same problem.**