

● What should you do to stay healthy?

To be healthy / stay healthy... you need to look after your body and mind. You should... exercise / eat healthy food / get fresh air and be outside. You should get enough sleep so your body feels rested. You shouldn't ... drink alcohol / smoke cigarettes / take drugs.

● What bad habits do you have?

Sometimes I'm lazy and don't exercise enough / I hate sports. Sometimes I smoke even though it's bad for me / smoking or drinking alcohol is bad for you. I never get enough sleep / I play a lot of computer games / chat with my friends on Facebook at night so I'm always tired.

● What is a healthy diet? / Do you eat healthily?

A healthy diet means not eating too much fat / sugar / junk food. I don't always eat healthy food. If I'm in a rush, I buy fast food like KFC or McDonald's / I like unhealthy fatty food and sweets because they taste nice / I don't like fruits and vegetables. I am always careful about my diet / I think about what I eat / I try to eat a balance of all foods / I never eat sugar or processed foods / I am a vegetarian.

● What are some English phrases to describe feeling ill?

If you feel unwell / don't feel well, you might be ill (BrE) or sick (AmE). If you say you feel sick, especially in Britain, it means you are going to vomit. You can also say I have a temperature / fever / I have a headache / my head / back / arm... hurts / I have a pain in my head / arm / leg.

● What are some basic health problems?

Some people frequently get a headache / stomach ache / backache. If they don't take care of their teeth, they can get cavities or a toothache. In winter they can get / catch a cold or even a flu / have a sore throat. If they have an accident like falling off their bike, they can break / scrape

their leg / arm. A lot of people are allergic to something / have allergies these days.

● What should you do if you have a cold or a fever?

If I have a cold, I take vitamins / drink tea with honey and lemon. I rest / sleep / stay in bed / don't go to school / stay at home. If I have a fever or my body aches, I take a tablet / medicine to reduce my temperature / take away the pain.

● Describe some basic medicines and what you need them for.

You can buy all basic medicines at the chemist's (BrE) / in a pharmacy (AmE). For cuts and bleeding, there is a plaster (BrE) / Band-Aid (AmE) or a bandage. If you have a fever, you can take some medicine / a tablet / pill to reduce your temperature / take away the pain. If your eyes are red, you can use eye drops. For an allergy / rash you can put cream on it / take a pill.

● When should you go to the hospital?

You need to go to the hospital if you have broken your bones / you are seriously hurt. Also, if you need to have an operation or surgery / have a serious illness like cancer / heart problems / kidney or lung problems / infectious disease, you must go to the hospital. Women go to the hospital to give birth.

● Do you know the special names for different people who work in the medical industry?

A doctor / GP (General Practitioner) is someone who looks after your basic health. If you have a problem with your teeth, you need to see a dentist. A pharmacist gives you medicine. A surgeon is someone who operates on you in the hospital. A nurse is a person who works in the hospital to care for you before and after an operation or during a serious illness. A midwife is someone who specializes in helping women give birth.

