**Health: Describing Symptoms & Giving Advice**

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| **Expressions for saying that you are sick**:How are you?* *I’m feeling (a little) under the weather\**
* *I’m not feeling so great.*
* *I feel run down. (= tired)*
* *I’m feeling a bit rough.*

\*used for only illnesses |  |

**Expressions for giving advice:**

* *You should sleep.*
* *You ought to sleep.*
* *You had better sleep.*
* *If I were you, I would sleep.*
* *Why don’t you sleep?*
* *It might be a good idea to sleep.*

**Pair-Work Activity**

Students will have a short conversation with a partner, who has a health problem. In the conversation, the unhealthy student will describe what s/he was doing **before** s/he got the health problem. The student **should not** **say** what the problem is, however. The other student must then **guess** what the issue might be. After that, the student should **give advice** for that condition.

Example dialogue:

*A: How’s it going?*

*B:* ***I’m feeling a bit rough****. Yesterday, I went swimming in a river. But the water was really dirty. Now, my skin is really itchy.*

*A: Ah, do you have a* ***rash****?*

*B: Exactly.*

*A: Oh.* ***If I were you, I would go*** *to a walk-in clinic. Maybe they can give you some cream.*

*B: Thanks for the advice ☺*

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**Student A’s problems**

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| a cold sunburn wart diarrhea hangoverheadache stomach-ache depression bloody nose pregnant (think of your own) |

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**Student B’s problems**

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| cramps fever the flu/influenza the hiccups herpeslaryngitis cavity an allergy broken heart (think of your own) |