I've got a headache

**Do the quiz. Circle your answers.**

**BODY SENSE: Test your knowledge**

1. Your head weighs about 3.5 / 5.5 / 8.5 kilos.
2. The stomach can hold four / six / eight litres of food.
3. You use 5 / 12 / 20 muscles to smile. You use about 50 / 70 / 80 muscles to speak.
4. Our eyes never grow / stop growing. Our nose and ears never grow / stop growing.
5. The body loses half a kilo / more than half a kilo / a kilo of skin every year.
6. Over 20% / 40% / 50% of the bones in your body are in your hands and feet.
7. The smallest bone is in your ear / nose / little toe. It’s the size of a grain of rice.
8. Your thumb is the same length as your nose / big toe / ear.
9. Children have 18 / 20 / 22 first teeth. Adults have 28 / 30 / 32 teeth.
10. Your heart beats about 50,000 / 100,000 / 200,000 times every day.

**Are you OK?**

- I've got a headache.
- I've got a cold.
- I've got a sore throat.
- I've got a temperature.
- I've got pain in my back.
- I've got a problem with my knee.
- I feel (really / a bit) sick.
- I feel tired.

**Match problems 1-8 with pictures A–H.**

**Make conversations. Talk about different problems from 3a.**

- Are you OK? / Are you all right?
  - Yes, I'm OK, thanks.
  - Yes, I'm fine.
  - Not really. / No, not too good.
  - I've got a ...
  - I feel ...
  - Oh, I'm sorry about that.
  - I'm sorry to hear that.
What are your symptoms?

1 Listen to the first part of Marc’s conversation with the pharmacist. What problems does Marc have?

2 Match the pharmacist’s questions with Marc’s answers.
   1 What are your symptoms? a Just dairy products.
   2 Are you allergic to anything? b No, not at the moment.
   3 Are you taking any other medicine? c I’ve got a pain in my back.

3 Read the medicine packages below. Which medicine is best for Marc? Why?

**HOTLEM**
For cold symptoms, including headache, sore throat and high temperature.

**Paracetamol**
500 mg tablets
For the relief of aches and pains, including headache and toothache.

**WARNING**
CONTAINS PARACETAMOL.
Do not take if you are allergic to paracetamol.

**KEEP AWAY FROM CHILDREN**
Do not take with alcohol.
If symptoms continue, go to your doctor.

**DOSE:** Adults and children over 12 years: 1 to 2 tablets every 4 to 6 hours. Do not take more than 8 tablets in 24 hours. Children 6 to 12 years: half to one tablet every 4 to 6 hours. Do not take more than 4 tablets in 24 hours. Not for children under 6.

4 Read the packages again. Are these sentences true or false?
   1 You shouldn’t give Hotlem to a ten-year-old.
   2 Hotlem has paracetamol in it.
   3 An adult can take six sachets of Hotlem in 24 hours.
   4 You can drink wine with paracetamol.
   5 An adult shouldn’t have more than eight tablets in 24 hours.
   6 You can give paracetamol to a five-year-old.

5 Listen to sentences from Marc’s conversation. Notice how a consonant at the end of a word links to a vowel at the beginning of the next word.

   1 Do you need any help?
   2 What are your symptoms?
   3 I’ve had the headache for about an hour.
   4 I’ve got a pain in my back.
   5 This is the best thing.

b Practise saying the sentences.

6 Work in A/B pairs. A, you’re the pharmacist. B, you feel ill. Have a conversation and buy some medicine.

b Change roles and have another conversation.
12.2 Home remedies

1 What do you do in situations 1–4? Do you:
• take a day off work?  • ask someone for advice?
• see a doctor or dentist?  • go to a pharmacy?
• take some medicine?  • do nothing?  • do something else?
1 You’ve got toothache.
2 You feel tired and you have no energy.
3 You’ve got a temperature.
4 You’ve got a really bad pain in your back and you don’t know why.

2 a Pictures A–D show different remedies. Can you match them with these problems?

headache toothache a high temperature stomach ache

b Read the web postings to check your ideas.

KNOWLEDGE.COM
The world’s best advice site ... written by you.

Home Remedies

Monica, Canada
April 24 10.41
Black toast with honey
A friend of mine stayed in a hotel in India and the manager gave this to her for stomach ache. It really works. Just take a piece of bread and toast it until it’s black. Then put honey on the toast and eat it. You don’t really need the honey but it makes it taste better! It doesn’t look good, but it can really help. So if you get stomach ache, try this remedy.

Norma, USA
April 24 9.52
An onion
If you get a high temperature, use an onion. It sounds strange but it helps. Cut one large onion in half and tie half an onion to the bottom of each of your feet. You shouldn’t wear socks of course, just bare feet! I use this on my kids and it works every time. The remedy came from a relative from down south.

Heli, Finland
April 23 18.03
A wet teabag
Here are my tips for toothache. You should put a wet teabag on the sore tooth. I always have a wet teabag in the fridge so it’s there when I need it. Another idea: take a garlic clove and put it on the tooth. Both these ideas help me nine times out of ten. But if they don’t work for you, you should go to a dentist.

Lameed, Egypt
April 23 16.15
Salt water
When I was a child, I got a lot of headaches and my grandmother always did this for me. Put a few drops of warm salt water in your ears. Don’t use really hot water. Do this three or four times for both ears. Then lie down and close your eyes for about ten minutes.

3 What do you think of these home remedies? Would you like to try them?
Why? / Why not?

http://www.knowledge.com/homeremedies
4 a You can use the imperative or should to give advice. Complete the sentences with socks, teabag, water, feet, garlic.

✓ Take a _____ clove and put it on the tooth.  
Don’t use really hot _____.

You should put a wet _____ on the sore tooth.  
You shouldn’t wear _____. of course, just bare _____.

b Read to check.  

5 a Think of advice for each of these problems:
   a high temperature  headache  stomach ache  backache  toothache

   b Talk in groups. Listen to each other’s advice and guess the problem.

If you get stomach ache …

1 a Look at the if sentences in the table. Then put the words of this sentence in order and add it to the box.

If / an onion / get / a temperature, / you / use .

If + present simple, imperative
If you get stomach ache, try this remedy.
If you try the salt water remedy, don’t use really hot water.

If + present simple, should / shouldn’t + infinitive
If they don’t work for you, you should go to a dentist.
You can change the order of if sentences:
If you get stomach ache, try this remedy. or Try this remedy if you get stomach ache.

b  Listen to the sentences.  

2 a Match problems 1–6 with advice a–f. There’s more than one correct answer.

1 you’ve got a very bad cold  a you shouldn’t eat a large meal  
2 you’re allergic to paracetamol  b be careful what medicine you take  
3 your feet hurt  c don’t go to work  
4 you’ve got stomach ache  d don’t go for a run  
5 you feel very tired  e put them in hot water with mustard  
6 you’ve got a problem with your knee  f you should go to bed early

Grammar reference and practice, p140

b Now say the six sentences with if.

3 a  Listen to Amina from Lebanon, Angharad and Nathalie from Switzerland, and Ruth from England talk about their own remedies for a cold. Tick (✓) the remedies they talk about.

• eat oranges  • eat chicken soup  • drink hot honey and lemon juice
• drink black tea with honey  • get on with work  • go to the doctor
• take paracetamol  • inhale steam from hot water

b Read the script on p157 to check.

4 Talk about these questions in groups.

1 What do you think of their remedies?
2 What do you do when you’ve got a cold? What about people you know?
3 What’s the most popular remedy? What’s the most unusual remedy?
12.3 Target activity

Give advice

Task reading
1. Read the magazine article.
   What’s the main topic?
   a. better relationships with colleagues
   b. a better office environment
   c. exercising at work

Tips of the week

Stay healthy in the workplace

Offices are not always healthy environments. Here are some tips for improving your office and your health.

✓ Try to sit near a window. Natural light makes you feel happier.
✓ Fresh air is good for you, so you should open the window if possible.
✓ If you want to improve the appearance of your office, get some plants.
✓ Get a good chair and make sure the top of your computer screen is at eye level. A bad sitting position can give you headaches and back pain.
✓ Don’t sit near an air-conditioner. It dries out your eyes and skin.
✓ If you feel bored, change the colour of your office walls. The right colour improves your mood and helps you to be more creative. White, blue or green offices are better than dark or bright-coloured offices.
✓ Don’t use the lift. You should always use the stairs. This keeps you fit.

2. Read the tips again. Find:
   * seven things you should do.
   * two things you shouldn’t do.

3. Do you do any of the things in the article? Why? / Why not?

Task vocabulary

Giving reasons for advice

4. Cover the article. Complete the sentences with these words.
   Fresh air  The right colour  Using the stairs  Plants  Natural light
   1. ________ makes you feel happier.
   2. ________ is good for you.
   3. ________ improve the appearance of your office.
   4. ________ helps you to be more creative.
   5. ________ keeps you fit.

b. Check your ideas in the article.

Task

5. a. You want some advice. Choose one of these topics or use your own ideas.

   How to:
   - improve your home cheaply
   - give a talk to a large audience
   - work at home effectively
   - cook a meal for a large group of people
   - entertain a group of children
   - organise a party for 50 people

b. You’re going to ask for and give advice. Think about how to:
   - ask for advice: I want to improve my home, but I’m not sure what to do.
   - give advice: You should / shouldn’t.... Don’t.... if you....
   - give reasons for advice: Fresh air’s good for you.

6. Ask other students for advice.

7. Did you agree with the advice you got? Why? / Why not?
12 EXPLORE

Keyword: take

take with time
1 a Underline an activity and circle a time in these sentences.

1 Travelling home takes a whole day. Unit 7
2 It takes about twenty minutes to walk to the centre of Lucknow. Unit 9
3 It takes 50 minutes to travel the nine-mile journey across London by unicycle. Unit 9

b Complete these sentences so that they’re true for you. Then compare with a partner.

1 It takes _______ to do my food shopping.
2 It usually takes about _______ to get home from work.
3 Starting up my computer takes _______.
4 It usually takes _______ to cook my dinner.
5 Cleaning my home takes _______.
6 It takes _______ to read the newspaper.
7 It takes _______ to answer my emails.
8 Flying to Australia takes about _______.

have lunch, spend money, watch TV, have lunch, take a message, go for a walk, see you soon

b You can use take to talk about travel and medicine. Find examples in 1a. Can you think of more examples?

Yes, I would like to take a _______ on the _______.

in a boat, with medicine, on a trip, with a tablet, in 24 hours, a message, on the Bosphorus

a Complete the sentences with these words.

boat trip, message, medicine, photo, tablet

1 OK, and do you prefer taking _______ in a drink or tablets? Unit 12
2 Do not take more than four _______ in 24 hours. Unit 12
3 My mobile phone doesn’t take _______. Unit 3
4 Sorry, he isn’t here at the moment ... Can I take a _______? Unit 3
5 And would you like to take a _______ on the Bosphorus? Unit 2

a You can use take to talk about travel and medicine. Find examples in 1a. Can you think of more examples?

take a _______ on the _______.

You can use take to talk about travel and medicine. Find examples in 1a. Can you think of more examples?

take with nouns

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boat trip, message, medicine, photo, tablet

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take a _______ on the _______.

Independent learning Learning collocations

1 a Listen to Yukio. What is a collocation?

a It’s a kind of word.
b It’s two words that go together.
c It’s a kind of sentence.

b Listen again. What two mistakes did he make when he first started learning English? Why did he make them?

3 a When you try to learn new words and expressions, do you write them down?

b Do you write:

a single words? watch
b collocations? watch TV, watch films
c sentences? I usually watch TV on Friday evenings.

4 When you read in English, try to notice and learn new collocations. Read A–C and find collocations with take, spend, and have.

A Too busy?

British actress, Tanya Hoxton, said in an interview last week that she needs to take a break. Speaking to Hello magazine, she said she wants to spend more time with her friends and family. The first thing she wants to do is have a party for her

Stress busting tips for working parents

• Take a break from work. Spend time with your kids in the open air – go for a walk every day.
• Every few months, let the kids stay with their grandparents and have a party for your adult friends.

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• Take a break from work. Spend time with your kids in the open air – go for a walk every day.
• Every few months, let the kids stay with their grandparents and have a party for your adult friends.
1 a What are the names of the people in photos 1–3? Read A–C to find out.

b What do you find out about Abby? Read A–C again and make a list.

She's studying something.

2 How did Abby say sorry? Cover the emails and notes and match 1–5 with a–e. Then read again to check.

1 I'm writing to say I'm really sorry for
2 I'm really sorry
3 I'm afraid Sammy broke your mug.
4 I'm very sorry, but
5 Sorry to
   a I'm really sorry.
   b be so boring.
   c and hope you're not angry with me.
   d not meeting you yesterday.
   e I don’t think I can come.

3 When we say sorry, we usually say why. Look at A and B and find out:

1 why Abby didn’t meet Marc.
2 why Abby didn’t phone Marc.
3 why Abby can’t go to Joseph’s.

4 Complete the sentences with these words.

Could Hope (x2) Can Thanks (x2) Let’s

1 ______ we meet another time?
2 ______ you buy another one?
3 ______ meet up for coffee some time soon.
4 ______ you have a great time.
5 ______ you had a great holiday.
6 ______ very much for the invitation.
7 ______ again.

5 a Choose one situation for an email.

b Discuss ideas for your emails in pairs.

1 Who are you writing to?
2 How can you say sorry?
3 What reasons can you give?
4 Can you use any expressions from 2 and 4?

6 a Work alone and write your email.

b Look at another student’s email. Can you improve your emails together?

7 Read other students’ emails. What do you think of their reasons?
Look again

Review

VOCABULARY Health and advice

1 a Make sentences from the words in the table.

I've got

<table>
<thead>
<tr>
<th>I feel</th>
<th>toothache</th>
<th>a cold</th>
<th>a sore throat</th>
<th>tired</th>
</tr>
</thead>
<tbody>
<tr>
<td>a high temperature</td>
<td>stomach ache</td>
<td>a problem with my knee</td>
<td>sick</td>
<td></td>
</tr>
</tbody>
</table>

b Make sentences giving advice from these words.

You should/shouldn’t ...

<table>
<thead>
<tr>
<th>go to</th>
<th>take</th>
<th>a day off work</th>
<th>a doctor work</th>
</tr>
</thead>
<tbody>
<tr>
<td>eat</td>
<td></td>
<td>hot lemon juice with honey</td>
<td>black toast and honey</td>
</tr>
<tr>
<td>try</td>
<td></td>
<td>coffee</td>
<td>some tablets</td>
</tr>
<tr>
<td>drink</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

In pairs, take turns to say a problem and give advice. Do you agree with the advice?

I’ve got a cold. You should take some tablets.

GRAMMAR Giving advice with if

2 a Complete the sentences with your own advice.

1 If you like chocolate, ...
2 If you want to buy a new computer, ...
3 If you’re looking for a good restaurant, ...
4 If you’re interested in films, ...
5 If you need travel information, ...
6 If you’d like to go to a relaxing place, ...
7 If you want to read a good book, ...
8 If you can’t sleep well at night, ...

b Compare your sentences. Who has the best ideas?

CAN YOU REMEMBER? Unit 11 – Articles

3 a Add a, the or no article to Holly’s story.

Well, I was in my car in the Rocky Mountains in Canada and I was on a highway with lots of beautiful mountains and trees nearby. It was a sunny day and everything was perfect. Suddenly I saw a family of bears – the mother bear and two cubs – near the side of the road. I love bears! So I stopped the car, got out and started taking photos. I wasn’t very close to the bears, but they got frightened and the mother looked angry ...

b Check your answers in 3.20 on p156.

Extension

SPELLING AND SOUNDS ay, ai

4 a (3.36) We usually say ay and ai in the same way: /eɪ/. Listen and repeat.

day stay way
pain main grain

1 Which spelling is usually at the end of a word?
2 Which spelling is usually in the middle of a word?

b (3.37) Spellcheck. Close your book. Listen to eight words from this unit and write them down.

c Check your spelling on p157.

NOTICE it, they

5 a In the first sentence, it means ‘a piece of bread’. Look at 1–4. Does it mean ‘honey’, or ‘black toast with honey’?

I always have a wet teabag in the fridge so it’s there when I need it. Another idea: take a garlic clove and put it on the tooth. Both these ideas help me nine times out of ten. But if they don’t work for you, you should go to a dentist.

b Read the advice about toothache. What do it and they mean in 5–8?

CAN YOU REMEMBER? Unit 11 – Articles

Self-assessment

Can you do these things in English? Circle a number on each line. 1 = I can’t do this, 5 = I can do this well.

- talk about health 1 2 3 4 5
- buy things in a pharmacy 1 2 3 4 5
- understand instructions on medicines 1 2 3 4 5
- give advice 1 2 3 4 5
- write an email or note apologising 1 2 3 4 5

• For Wordcards, reference and saving your work ➔ e-Portfolio
• For more practice ➔ Self-study Pack, Unit 12

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