

I don't feel very well 10



I need something for a headache • What should I do for a cold? • Take one tablet twice a day • How's your work-life balance? • Drink onion juice with honey

1 I need something for a headache → EP 1-3

a Look at the photo. What do you think? Does your partner agree?

- 1 The woman's a doctor pharmacist nurse.
2 She works in a clinic pharmacy supermarket.
3 You can buy plasters souvenirs medicine there.

b Listen to Greg. What's the situation? ▶ II/31

- He doesn't feel well. He needs some plasters.



c Match the phrases. Then listen again and check.

- 1 Can I help you? a Yes, it's 38°.
2 Do you have a fever? b Well, sometimes, yes.
3 Do you often have headaches? c Yes, I need something for a headache.
4 Take two of these tablets. d OK, thanks. How often can I take them?



d Read the dialogue on Page 214 with a partner. Then role-play the situation.

2 What should I do for a cold? → EP 4-7


a Do you look on the Internet for advice about health problems? Talk to a partner.

b Read the website and match the health problems to the pictures.


Home | Health problems | Medicine | Other advice | FAQs | Forum

1 _____



2 _____




3 sore throat

Here are some answers to some typical questions.


What should I do for a cold? Colds are a typical winter illness, but they aren't very serious. You should rest, drink a lot of water or tea, and take vitamin C. Take cough syrup for a cough. For a blocked nose, you should try steam inhalation or use a nose spray. For the flu with a headache, a sore throat and a fever, take aspirin or other painkillers. Stay at home. Don't drink alcohol. You shouldn't smoke and you shouldn't do any sport.

What should I do for a stomach ache? There are a lot of different kinds of stomach problems. Don't eat fatty or spicy food. Drink ginger tea; it's good for your stomach. Ask your pharmacist for advice. For a serious stomach ache, see your doctor.


What should I do for a backache? Try these simple tips for back, shoulder and neck pain: You shouldn't sit for too long. Try yoga or swimming, and have a massage to relax the muscles. Use hot / cold packs. For very bad pain, take painkillers and see your doctor.




4 _____



5 _____



6 _____



7 _____

Do you have a healthy lifestyle? Download our [lifestyle questionnaire](#) and find out.

c Write the advice and medicine from the website on the mind maps.



d Listen again to the dialogue in 1b. What's Greg's problem? What advice does Claire give him?

e Work in pairs. Partner A has a health problem. Partner B finds some advice on the website (2b). Then change roles.

I have a fever. I have the flu. My shoulder hurts.
My stomach hurts. I have a backache. I have a blocked nose.

- What's the matter?
- I don't feel well ... / I have a fever.
- You should rest / go to the doctor. Get well soon!

?	What should I do for a cold?
+	You should take vitamin C.
-	You shouldn't do any sport.

3 Take one tablet twice a day → EP 8-9

a When you buy medicine, do you always read the information in the packet? Talk to a partner.

b Read the StoMed information leaflet and answer the questions.

- 1 What can you take StoMed for?

- 2 How often can you take StoMed?

StoMed
Take StoMed for a stomach ache.
.....

How to take StoMed
Take one tablet every six hours with meals.
.....

Warnings
Do not drink alcohol. Do not give to children under 12.
.....

c What kind of medicine are these? Write the words under the photos.

cream ear drops nose spray tablets cough syrup



d Now match the instructions to the medicine.

- a Take 5 ml mornings and evenings.
- b Use the spray 3 times a day.
- c Use the cream once a day.
- d Take two tablets twice a day.
- e Use three drops every 4 hours.

e Listen to these people. What medicine from 3c do they need? ► II/32

"Oh, I have a terrible headache!"

- Annie, you need painkillers.
- Yes, you should take two tablets twice a day.

f Listen and answer the question. ▶ II/33

Who's speaking? pharmacist and customer doctor and patient two friends

g With a partner, answer the questions. Then listen again and check.

- | | |
|-------------------------------|------------------------------------|
| 1 What's Greg's problem? | 4 How often should he take it? |
| 2 What did he do last night? | 5 Which packet does he buy? |
| 3 What medicine does he need? | 6 What else does Claire give Greg? |

h What medicine do you take for a stomach ache? / for a headache? / for a cold? Talk to a partner.**4 How's your work-life balance?** → EP 10**a Do you think you have a healthy lifestyle? Talk to a partner.****b Complete the questionnaire and find out how healthy your lifestyle is. Then compare with your partner.****1 How many hours do you sleep at night?**

- a 1 to 5 hours
- b 5 to 6 hours
- c more than 7 hours

2 How much alcohol do you drink?

- a one beer / glass of wine a day
- b 1 or 2 glasses of wine at the weekend
- c I never drink alcohol.

3 How much meat do you eat?

- a a lot
- b not a lot
- c I'm a vegetarian.

4 How often are you ill?

- a I'm never ill.
- b 2 or 3 times a year
- c more than 3 times a year

5 How many hours a week do you work?

- a 1 to 10 hours
- b 10 to 40
- c more than 40 hours

6 How stressful is your life?

- a very stressful
- b a bit stressful sometimes
- c My life is stress-free.

7 How much sport do you do?

- a more than 2 hours a week
- b 30 minutes 3 times a week
- c I don't do sport.

8 Do you smoke?

- a No, I don't.
- b Yes, but not every day.
- c more than 10 cigarettes a day

Join our online forum at www.lifestyle-tips.com for tips for a healthy lifestyle.

- c Report back to the class. Do your classmates have a healthy lifestyle?
- d Underline examples of *how much ...?* and *how many ...?* in the questionnaire. In pairs, write two more questions about lifestyle for your classmates: one with *how much ...?* and one with *how many ...?*

How much meat do you eat?
A lot / Not a lot / I don't eat meat.

How many hamburgers do you eat a week?
I eat two hamburgers a week / I don't eat hamburgers.

How much meat ...?

How many hamburgers ...?

- e Each student takes one question from 4d. Go around the classroom and interview your classmates, then tell the class what you found out.
- f Listen to Greg and Claire and tick what's true. ▶ II/34

- 1 Greg didn't complete the questionnaire.
- 2 Greg bought eye drops.
- 3 Greg invited Claire to go out for dinner.
- 4 Greg doesn't really have a lot of health problems.

- 9 How's your work-life balance?
 - a good
 - b not so good
 - c sometimes good, sometimes bad
- 10 How do you feel about your life now?
 - a I'd like to change a lot of things.
 - b OK, but I'd like to change some things.
 - c I'm really happy with my life.



8-15 points: Your lifestyle isn't very healthy. You should relax, do more sport and eat healthier food.

16-22 points: Your lifestyle isn't bad, but there are some things you can change.

23-29 points: You have a really healthy lifestyle. Well done!

10	1	2	3	4	5	6	7	8	9
a	1	1	0	3	2	1	3	3	0
b	2	2	1	2	2	2	2	2	1
c	3	3	3	1	0	3	1	1	2

5 Drink onion juice with honey → EP 11-15

a Do you always go to a doctor when you are ill?
Talk to a partner.

b Read the health problems in this forum.
Find the best advice from the box for each problem and add it to the forum.

Have a hot bath after you play.

You need ear drops. Go and see your doctor.

You shouldn't drink coffee after 4 p.m.

A glass of milk helps.



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What's your health question or answer?

Sleepyhead: I'm so tired during the day, but I can't sleep at night. Any ideas?
Lulu: My mother-in-law drinks hot chocolate with rum every night. It works for her!
Sam: Are you stressed? Don't read work email at home in the evening.

Earworm: Help! I'm often ill with a cold and an earache. It's terrible!
Al: Too many antibiotics are bad for you! Put garlic in your socks and go to bed!
Mum T: Or you can put the garlic in your ear!

Golf-freak: My back sometimes hurts after I play golf. Does anyone have any ideas?
Suzy: You should go swimming. It's very good for your back.
Nikki: Maybe you shouldn't play golf ;-)

Burger-boy: Help! I have a stomach ache when I eat hamburgers for lunch.
Ms. R: Drink potato juice. It's great for stomach problems. Get well soon!
Sid: Maybe you should eat healthier food? What about a salad or sandwich?

c What's the craziest idea on the forum? Can you think of more advice for each problem?

d What natural or traditional ideas do you know from your family or friends?

- My grandmother used a lavender steam inhalation for a cold.
- My uncle drank warm beer for a cold or a stomach ache.
- ▲ My aunt makes a hot pack with onions for a cough.

Go for it!

Get well soon!

- a** What are these people doing wrong? What advice do you have for them? Talk to a partner.

- Lisa should use sun cream.
- I agree. And she isn't wearing a hat. That's bad for her. I think she should wear a sun hat and a T-shirt.



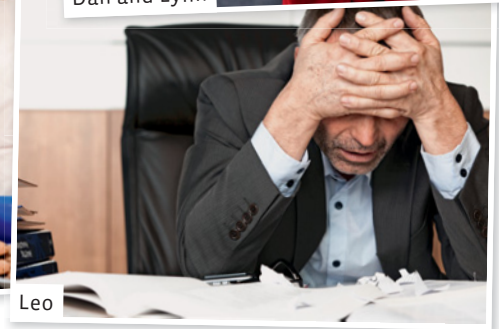
Lisa



Dan and Lynn



Jim



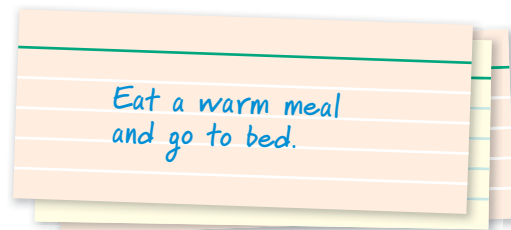
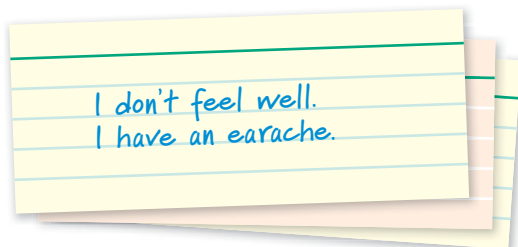
Leo

- b** Play a game: *Get well soon!*
Make two groups: a small group of patients and a large group of medical experts. You need about three experts for each patient.

- c** First prepare for the game. There are extra cards for the game at www.hueber.de/go-for-it.

Patients: Brainstorm health problems and write cards with one problem on each card. Each patient needs four cards. Use the ideas in the unit to help you.

Medical experts: Brainstorm advice for typical health problems and write each idea on a card. Mix up the cards and give each expert four cards. Use the ideas in the unit to help you.



- d** Make new groups. Each group has one patient and three experts. Now play the game. The patient begins and reads out a health problem. Then each expert looks at his or her cards, finds the card with the best advice and reads it out to the group. The patient chooses the answer he or she likes best and that expert gets a point.

Patient: I don't feel well. I have an earache.

Expert 1: You should put some cream on it.

Expert 2: You shouldn't do any sport.

Expert 3: Eat a warm meal and go to bed. Get well soon!

Patient: I think Expert 3 has the best advice. One point for him/her.

- e** Play again with the next health problem. The game finishes when the patient has advice for all the health problems. The winner is the expert with the most points. Change roles and play again.

Extra practice

I don't feel very well

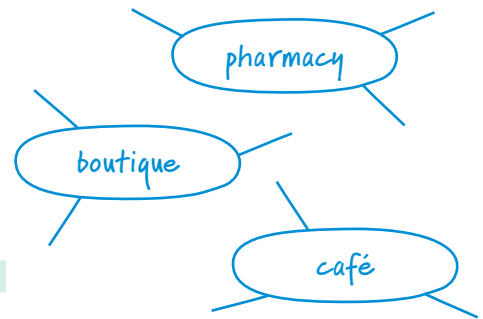
after CA 1

1 Which of these words do you associate with these places?

Make mind maps as in the example.

Welche Begriffe verbinden Sie mit diesen Orten? Erstellen Sie Mindmaps wie im Beispiel und ordnen Sie die Begriffe zu.

aspirin bill cake cash desk changing room coat fever
headache hungry lunch medicine menu pharmacist plaster
sales assistant scarf skirt table tablets trousers waiter



2 Read the job ad for Claire's Pharmacy. Who's the best person for the job?

Lesen Sie die Ausschreibung für Claire's Apotheke. Wer ist am besten für die Stelle geeignet?

Pharmacist's assistant

Claire's Pharmacy needs a full-time pharmacist's assistant for the new pharmacy in Macclesfield. Do you like working with people? Can you work weekends? [Read more](#)

Janet Watson

- 65 years old
- retired shop assistant
- wants to work 2-3 days a week

Joan Smith

- 44 years old
- nurse, wants new career
- can work full-time and weekends

Jake Miller

- 22 years old
- pharmacy student
- can work afternoons

I think _____ is the best person for the job because

3 Make sentences with the phrases and fill in the dialogue. Then listen and check.

Bilden Sie Sätze und ergänzen Sie den Dialog. Hören Sie dann und überprüfen Sie. ▶ 11/35

Can I the ibuprofen, please. Get I'd like I need something help you? How often can I take it? well soon! for a headache.

In a pharmacy:

Pharmacist Hello, can I help you?

Customer Yes, _____

Pharmacist I have aspirin and ibuprofen.

Customer _____

Pharmacist Here you are.

Customer _____

Pharmacist Take one tablet now and one before you go to bed.

Customer Thank you.

Pharmacist _____

Now I can ...

Jetzt kann ich in einfachen Sätzen in einer Apotheke um Hilfe bitten.



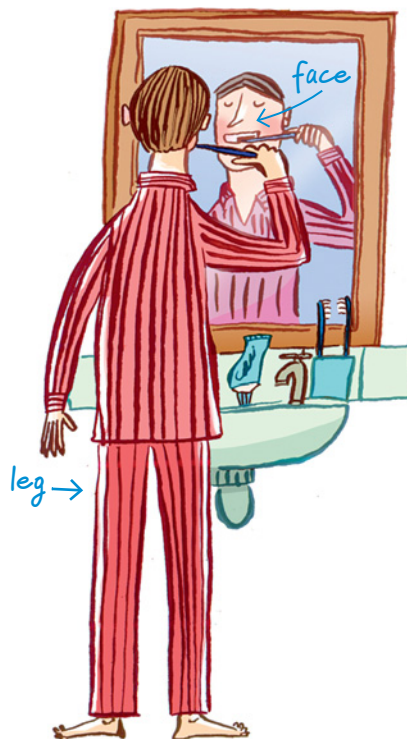
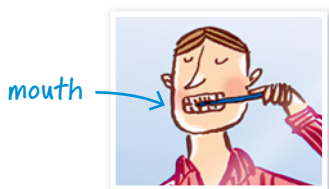
after CA 2

4a Label the drawing with the words in the box.
 Notieren Sie die Begriffe zu den passenden Körperteilen.

- arm back ear eye ~~face~~ foot hand head
~~leg~~ ~~mouth~~ neck nose shoulder teeth

Info

- 1 tooth → 2 teeth
 1 foot → 2 feet



4b Now read the description and draw the monster.
 Lesen Sie die Beschreibung und zeichnen Sie ein Monster.

The monster has a big body, but its head is bigger than its body! It has five eyes in the middle of its face and three ears. It has two noses – they are bigger than its eyes. It has four arms and three legs. It's smiling and wearing a very big hat!

5a What are these health problems? Unjumble the words. Um welche Krankheiten handelt es sich? Schreiben Sie die Wörter richtig.

- | | |
|--------------------|------------------------|
| 1 a dcol _____ | 5 a hceadeah _____ |
| 2 a rvfee _____ | 6 a cabk chae _____ |
| 3 a cugoh _____ | 7 a rose torath _____ |
| 4 an reachae _____ | 8 a dockble snoe _____ |

5b Which word doesn't belong to the group? Welches Wort gehört nicht in die Gruppe?




- a backache – aspirin – blocked nose – headache – sore throat
- b pharmacy – medicine – shoulder – advice – plasters
- c head – eyes – nose – ear – hat
- d pharmacist – tablet – nurse – chef – doctor
- e fever – vitamin C – cough syrup – nose spray – aspirin

6 Match the expressions on the left to the answers on the right.
 Ordnen Sie die Fragen links den Antworten rechts zu.



- | | |
|---|---|
| 1 What's the matter? | a Thank you. |
| 2 Do you have a fever? | b Yes, it's 38.5°. |
| 3 What should I do for a backache? | c I don't feel well. |
| 4 Do you have something for a headache? | d You should take painkillers and rest. |
| 5 Get well soon. | e Yes, we have aspirin and ibuprofen. |

7a Read the forum and complete the rules.

Lesen Sie die Einträge im Forum und ergänzen Sie die Regeln.

	Greg What should I do for a cold?
	Nurse Nina You should drink a lot of water! That's very important.
	Hillary You shouldn't do any sport until you feel better.

see it

	Greg Should I take some medicine? What?
	Hillary You should take aspirin for a fever. Stay at home and rest!

- Mit *should* / *shouldn't* kann man einen Rat einen Befehl geben. understand it
- Das Hauptverb nach *should* / *shouldn't* steht immer in der Grundform ing-Form.

7b Fill in the gaps with *should* or *shouldn't* and a verb from the box.

Ergänzen Sie die Lücken mit *should* oder *shouldn't* und dem passenden Verb.

play go see ~~take~~ do eat try

- My brother has a headache.
→ He should take some aspirin.
- The children don't feel well.
→ They _____ home and go to bed.
- Jane has a backache.
→ She _____ yoga.
- My mum has a stomach ache.
→ She _____ any fatty food for a day or two.
- The Manchester United players all have colds.
→ They _____ football today.
- My arm hurts. What _____ I _____?
→ You _____ your doctor.

use it



Now I can ...
Jetzt kann ich jemandem mit Gesundheitsbeschwerden einen Rat geben.



after CA 3

8a Which medicine do they need? Match the medicine to the patient.

Welche Medikamente brauchen sie? Ordnen Sie jedem Patienten das passende Medikament zu.

- 1 **Ms Walters:** I'm a full-time secretary in an international company. I sometimes work very late in the evening too. I like my job, but it's often difficult and stressful.
- 2 **Susan:** I don't normally do sport, but I started tennis lessons yesterday. Now I can't sleep because my back hurts.
- 3 **Mr Smith:** I'm a primary school teacher. A lot of children had a cold and sore throat last week. Now I don't feel well.
- 4 **Steve:** I went skiing last weekend. It was very cold in the mountains and I forgot my scarf. I have a cold and need something for a blocked nose.

a NasAir Spray

- For colds and a blocked nose.
- Use three times a day.
- Do not use for more than 10 days.

c RetroSalve Cream

- For back and neck pain.
- Use maximum three times a day.
- Wash your hands after use.

b PharySan

- For a sore throat and cold symptoms.
- Take 30 drops every 4 hours.
- Do not give to children under 12.

d FitVitGo!

- For burnout and stress problems.
- Take 2 tablets once a day.
- Take with or after a meal.

8b Read the information leaflets and write instructions for the patients.

Lesen Sie die Packungsbeilagen (8a) und notieren Sie die Anweisungen für die Patienten.

- 1 Ms Walters should take 2 FitVitGo tablets once a day after meals.
- 2 Susan _____
- 3 Mr Smith _____
- 4 Steve _____

9 In a pharmacy: Number the sentences in the correct order. Then listen and check.

In der Apotheke: Nummerieren Sie die Sätze in der richtigen Reihenfolge, sodass sich ein Dialog ergibt. Hören Sie dann und überprüfen Sie. ▶ II/36

- 1 ● Hello. Can I help you?
- ___ ■ How often should I take it?
- ___ ● Take this syrup for the cough.
- ___ ■ I need something for a cough and a sore throat.
- ___ ■ Thanks. And what should I take for my sore throat?
- ___ ● Take 20 of these PharySan drops every 4 hours. Get well soon!
- ___ ● Twice a day. In the morning and in the evening.
- 8 ■ Thank you.

Now I can ...

Jetzt kann ich einfache Dosierungsanweisungen für Medikamente verstehen.



after CA 4

10a Read the dialogue and complete the rules.

see it

Lesen Sie den Dialog und ergänzen Sie die Regeln.

- How much coffee do you drink?
- Not a lot, really. I prefer tea. I drink a lot of tea.
- How many cups of tea do you drink a day?
- I drink about 3 cups of black tea in the morning, 2 cups of green tea in the afternoon and a cup of fruit tea after dinner.
- Oh, that's a lot!

• *How much / how many* verwendet man, um nach der Qualität der Menge zu fragen.

understand it

- *Much* bzw. *how much* entsprechen dem deutschen *viel / wie viel* und stehen in Verbindung mit zählbaren unzählbaren Nomen wie *coffee* oder *tea*.
- *Many* bzw. *how many* entsprechen dem deutschen *viele / wie viele* und stehen in Verbindung mit zählbaren unzählbaren Nomen wie *cup*.
- In bejahten und verneinten Aussagesätzen benutzt man typischerweise *a lot (of)* anstelle von *much / many*.

**10b Sort the words: How much ...? or How many ...?**Ordnen Sie zu: *How much ...?* oder *How many ...?*

use it

alcohol bottles coffee cups
glasses hamburgers hours
litres milk meat sport
tablets tea water wine

How much...?

coffee

How many...?

cups

10c Fill in the gaps. Ergänzen Sie die Lücken.

a lot a lot of how much (2x) how many (2x) not a lot ten three

- _____ 1 meat do you eat?
- _____ 2! Hamburgers are my favourite. I eat them every day!
- _____ 3 hamburgers do you eat a week?
- About _____ 4 hamburgers a week, I think. Sometimes I have them for lunch and dinner.
- Oh, that's _____ 5 hamburgers! What about alcohol?
_____ 6 alcohol do you drink a week?
- Well, _____ 7, really. I prefer Coke™.
- OK. And _____ 8 bottles of Coke™ do you drink a week?
- About _____ 9 small bottles at the weekend.

Now I can ...

Jetzt kann ich nach Mengen fragen und eine bestimmte oder unbestimmte Menge angeben.



after CA 5

11a Read the heading and Sally G.'s question. Where can you find this kind of article?

Lesen Sie die Überschrift und die Frage von Sally G. Wo kann man so einen Text finden?

- magazines newspapers Internet all three

Ask Dr Lou: Healthy lifestyle, but always ill

Dear Dr Lou,

I eat healthy food, drink a lot of water, take vitamins and do sport three times a week, but I have a problem. I'm ill five times a year with a cold and a headache and I often take antibiotics. I can't work when I'm ill and my boss isn't very happy about this. Do you have any advice for me?

Regards, Sally G.



11b Read Sally's question again (11a). Then read Dr Lou's answer and tick true or false. Lesen Sie

Sallys Frage noch einmal (11a). Lesen Sie dann Dr. Lous Antwort und kreuzen Sie an: *true* oder *false*.

Dear Sally,

Well here's the big question: is your work stressful? Stress is the biggest health problem we have today. It's much worse for us than fast food and a glass of wine at the weekend. Check your stress levels. How many hours a week do you work? A lot of people work too much and don't have a lot of free time. You should join a leisure centre, start a new hobby, or do some gardening. But relax and find the happier, healthier you!

Get well soon! Dr Lou

- | | T | F |
|--|--------------------------|--------------------------|
| 1 Sally is always healthy. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Sally doesn't take antibiotics. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Sally's boss isn't happy. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 Stress is good for your health. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 Fast food is the biggest health problem. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 A lot of people work too many hours. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 Dr Lou says Sally should take antibiotics. | <input type="checkbox"/> | <input type="checkbox"/> |

Tip

Beim Lesen brauchen Sie nicht jedes Wort zu verstehen. Das Wichtigste ist, dass Sie den allgemeinen Sinn des Textes verstehen können.

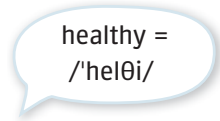
Now I can ...

Jetzt kann ich einen einfachen Text zum Thema Gesundheit verstehen.



12 Read the words aloud and focus on the highlighted letters. Mark the word in (b) with the same highlighted sound as the word (a). Then listen and check.

Lesen Sie die Wörter laut vor und achten Sie dabei auf die hervorgehobenen Buchstaben. Kreuzen Sie das Wort in (b) an, bei dem die markierten Buchstaben genau so klingen wie in dem Wort in (a). Hören und überprüfen Sie. ▶ II/37



- | | | | |
|---------------|---|--------------|--|
| 1 a stomach | b <input type="checkbox"/> ache <input type="checkbox"/> change | 5 a cough | b <input type="checkbox"/> weight <input type="checkbox"/> fever |
| 2 a take | b <input type="checkbox"/> tablet <input type="checkbox"/> pain | 6 a hurt | b <input type="checkbox"/> nurse <input type="checkbox"/> buy |
| 3 a lifestyle | b <input type="checkbox"/> eye <input type="checkbox"/> day | 7 a ear | b <input type="checkbox"/> clear <input type="checkbox"/> headache |
| 4 a cream | b <input type="checkbox"/> head <input type="checkbox"/> feel | 8 a medicine | b <input type="checkbox"/> finger <input type="checkbox"/> advice |

13 Listen and repeat. Hören Sie und sprechen Sie nach. ▶ II/38

aspirin ●● ibuprofen ●●●●
 medicine ●●● inhalation ●●●●

14 Useful expressions – listen and repeat. Hören Sie und sprechen Sie nach. ▶ II/39

- *Can I help you?*
- *Yes, I need something for a headache.*
- *We have aspirin and ibuprofen.*
- *I'd like the ibuprofen, please.*

- *How much cough syrup should I take?*
- *Five millilitres three times a day.*

- *I don't feel very well.*
- *Oh dear. What's the matter?*
- *I have a stomach ache.*
- *Try ginger tea with honey.*

- *How many tablets should I take?*
- *Take one tablet every six hours.*

- *What should I do for a cold?*
- *You should take vitamin C and rest.*
- *OK, thanks.*

- *Get well soon!*
- *Thank you.*

15 Congratulations! It's the end of Unit 10. You can find a video and a worksheet at www.hueber.de/go-for-it. To watch the video, you can also use the QR-Code. Enjoy!

Gratulation! Sie sind mit Lektion 10 fertig. Unter www.hueber.de/go-for-it finden Sie ein Video mit einem Aufgabenblatt dazu. Das Video können Sie sich auch ansehen, indem Sie den QR-Code scannen. Viel Spaß!



www.hueber.de/goto/gfi110

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