



Topic

Conversation
for Idioms

Lesson 23
Health

Lead-in

Match the following pictures with the correct idioms.



back on
one's feet



fit as a
fiddle



feel
off-color



the worse
for wear

1. Jennie felt ill after getting wet from the rain. I hope she gets **back on her feet** soon.

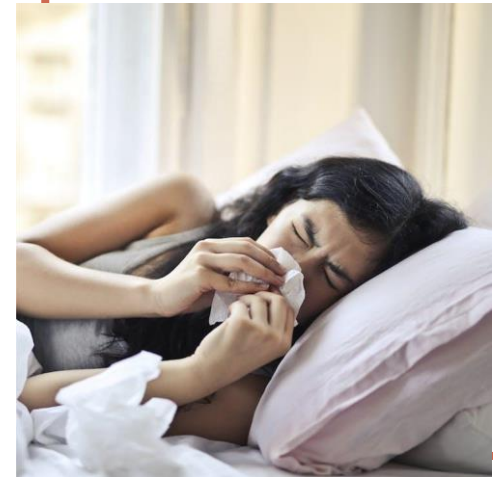
What does the idiom mean?



to recover after an illness or injury



to treat someone who is ill or injured



2. Mr. Grey is already 93 years old but he is still as **fit as a fiddle**.

Origin

The idiom uses the slang name of 'violin' which is 'fiddle'. It was first used in the early 1600s to describe someone as fit or suitable for a task or purpose. In order for the fiddle to be fit, it should be kept in good condition, just like our bodies. Thus, a person's health is compared to a well-maintained fiddle.

 Q How does one become fit as a fiddle?



3. Mike was busy working when he suddenly **felt off-color**. I think he needs to rest a bit.

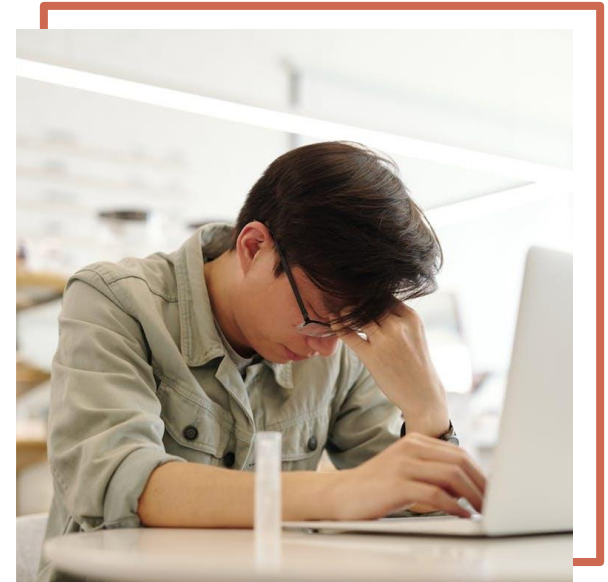
What does the idiom mean?



to feel off-color is to be slightly ill



to feel off-color is to gain confidence



4. We drank a lot of alcohol last night and looked **the worse for wear** this morning.



Guess the meaning of the idiom.



Create a sentence using the idiom.



Quick Review



HEALTH

fit as a fiddle

in excellent health
or condition

the worse for wear

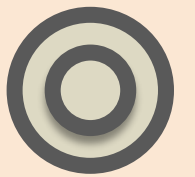
tired or in a bad state due
to too much work or been
drinking too much alcohol

back on one's feet

recover after an illness or injury

feel off-color

to be slightly ill



Practice

Tick the sentence that uses the idiom correctly.

1

George got into an accident last week. He was back on his feet, so he couldn't walk now.

George was severely ill last week. I'm glad to hear that he is back on his feet now.

2

Vera works as a nurse in her town. She needs to be as fit as a fiddle to fulfill her responsibilities.

Vera is the best musician in town. She fits as a fiddle after receiving support from the people.

Practice

Tick the sentence that uses the idiom correctly.

3

We need to know the dress code policy. We couldn't afford to join the party and look the worse for wear.

The machine is already a decade old. It has become the worse for wear. We need a new one now.

4

I feel a bit off-color. I need to be sure of this and get myself checked by our family doctor.

My friend did not invite me to her birthday party. I should feel off-color now and talk to her.

Practice

Complete the sentences by adding phrases using the idioms.

1

Fiona had a terrible accident. = back on one's feet

2

I do not eat healthy food. = fit as a fiddle

3

I ate spoiled food. = feel off-color

4

Terry worked until dawn. = the worse for wear

Discussion

Answer the questions to help the man become fit.

