

## HEALTH AND LIFESTYLE

Do you have a healthy lifestyle? How important is having a healthy lifestyle?  
How easy is it to have a healthy lifestyle nowadays?



### **DEFINITION**

By definition, the word “**health**” refers to the condition of your body, especially whether or not you are sick, and the word “**lifestyle**” refers to a person’s way of living, which includes the things that they do, eat, etc. Therefore, your health is important to you and to your family, and making small changes to your lifestyle can make a big difference to your health.

### **LANGUAGE POINTS**

Here are common expressions that can be used when talking about symptoms:

a. I feel + adjective

Example:

I feel itchy / drowsy / restless / irritable / dizzy.

b. I feel + like + verb -ing

Example:

I feel like vomiting / fainting.

c. I keep + verb-ing

Example:

I keep coughing / sneezing / wheezing / sweating.

d. I have (I’ve) got + a/an + noun

Example:

I’ve got a diarrhea / a runny nose / a splitting headache / a high temperature

### **PRACTICE 1**

Complete each sentence by filling in the appropriate word.

1. I’ve got \_\_\_\_\_. Whenever the temperature changes, I feel awful.

(a splitting headache / splitting headache / split headache)

2. This runny nose that I’ve got is exhausting. I keep \_\_\_\_\_ all the time.

(sneeze / snooze / sneezing)

3. I’ve red spots all over my body. I feel \_\_\_\_\_ all over.

(itch / itchy / itching)

4. Every time I climb up the stairs, I start to feel dizzy. I almost feel like \_\_\_\_\_.

(fainting / fainted / faints)

# HEALTH AND LIFESTYLE

## VOCABULARY

Phrasal verbs which are used when talking about health and lifestyle:

come down with – to become sick with a particular disease, usually one that is not serious

come around – to become conscious again after being unconscious

cut out – to stop eating something or doing something, especially because it is bad for your health

pick up – to get an illness

pass out – to suddenly become unconscious, for example because you are too hot

throw up – if you throw up or throw something up, food and drink comes back up from your stomach and out of your mouth

go off – BRITISH if food or drink goes off, it is no longer fresh

## PRACTICE 2

Choose which phrasal verbs are defined below. Try to recall the learnt phrasal verbs.

1. to catch an illness from someone or something:

\_\_\_\_\_

2. to faint: \_\_\_\_\_

3. to stop eating/drinking something in your diet:

\_\_\_\_\_

4. to start to suffer from an illness, such as a cold or flu: \_\_\_\_\_

5. to recover from an illness: \_\_\_\_\_

6. to vomit: \_\_\_\_\_

7. to become no longer good to eat or drink:

\_\_\_\_\_

8. to become conscious again: \_\_\_\_\_

## PRACTICE 3

Read the following phrases carefully. Classify them according to the correct category below.

cut down on fatty foods  
drink alcohol excessively  
eat healthy, nutritious food  
have a positive outlook on life  
pig out on junk food  
take on too many duties at home and at work

avoid exercise and stay indoors all day  
drink alcohol in moderation  
go for regular check-ups  
overeat sweets and chocolate  
sleep irregular hours  
do regular exercise

-----  
Healthy Lifestyle

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

-----  
Unhealthy Lifestyle:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## SPEAKING

Do you think current lifestyles are healthier than 100 years ago?

Have you ever picked up an illness when travelling abroad? Describe the symptoms and how you got over it.

**This textbook uses pictures/photos from the free photo sites below.**

Pixabay : <https://pixabay.com/>  
Public Domain Pictures : <http://www.publicdomainpictures.net/>  
Pexels : <https://www.pexels.com/>  
Flicker : <https://www.flickr.com/>

Unsplash : <https://unsplash.com/>  
GATAG | フリー素材集 : <http://01.gatag.net/>  
写真AC : <https://www.photo-ac.com/>  
イラストAC : <https://www.ac-illust.com/>

シルエットAC : <https://www.silhouette-ac.com/>  
Google 画像検索 : <https://www.google.com/imghp?hl=ja>  
Wikimedia Commons : [https://commons.wikimedia.org/wiki/Main\\_Page](https://commons.wikimedia.org/wiki/Main_Page)