



HEALTH PROBLEMS & SYMPTOMS

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Activity 1 – What's My Problem?

Work with a partner.

Student A chooses **one** health problem. 

Do **not** say it.

Describe how you feel. Student B guesses.

Example:

A: "My head hurts. I don't feel well."

B: "You have a headache."

Health Problems

- Headache
- Toothache
- Earache
- Sore throat
- Cold
- Fever
- Cough
- Stomach ache

Activity 2 – Give Some Advice

Work with a partner. Read each problem.

Give **two** pieces of advice.

Example: Problem: I have a cold.

Advice: Drink lots of water.
Get some rest.

Problems

- I have a headache.
- I have a fever.
- I have a sore throat.
- I have a cough.
- I have a stomach ache.
- I feel tired all the time.

Activity 3 – Healthy Habits Survey

Ask three classmates & write their answers.

Question

1. Do you eat fruit every day?
2. Do you exercise every week?
3. Do you drink enough water?
4. Do you sleep at least 8 hours?

Share one interesting answer with the class.

Student 1

Student 2

Student 3

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Exit Ticket

Complete the sentences.

Today I learned _____

One useful expression is _____

Now I can...

- ☐ talk about common health problems.
- ☐ ask someone how they feel.
- ☐ give simple health advice.
- ☐ understand everyday health conversations.

One More Interesting Fact!

 You can't catch a cold just because the weather is cold! Colds are caused by viruses, not by cold temperatures.