

Ticket to English 1 Unit 3: Health and Welfare

1- Vocabulary

Health problems

toothache – acne spots - fever - flu backache - headache - stomachache - skin rash - heart disorders - eyesight - recurring indigestion

Health tips

Have a balanced diet
Exercise regularly
Avoid some bad habits like smoking and drinking alcohol
Have regular medical checkup
Take some rest

Word Formation

Adjective / Verb

Fit
Obese
Recover
Diagnose
Prescribe
Aware
Operate
Grow
Prevent
Able

Noun

Fitness
Obesity
Recovery
Diagnosis
Prescription
awareness
Operation
Growth
Prevention
Ability

Other Vocabulary

I suffer from

A skin rash
Heart disorder
chronic depression
blurry eyesight
recurring indigestion
toothache

You ought to see

a dermatologist
a cardiologist
a psychoanalyst
an ophthalmologist
a gastroenterologist
a dentist

2- Functions / Communication: Asking for and Giving Advice

Asking for advice

- What do you advise me to.....?
- What should I do?
- If you were in my situation, What would you do?
- Do you suggest/have any advice?
- What's the best/practical advice for this situation?
- I just don't know what to do.
- How can I.....?
- What would you advise me to do?
- What ought I do?
- What would you do if.....?
- Do you think it's a good idea if I.....?

Giving advice

- If I were you, I would.....
- You should.....
- You'd better (not) + (bare infinitive).....
- Why don't you.....
- It would be better if you.....
- I advise you to.....
- In your situation, I would.....
- Have you thought about.....
- Maybe you should.....

Examples of asking for and giving advice

Speaker 1: I suffer from acne spots. **What should I do?**

Speaker 2: **If I were you I would** go to a dermatologist.

Speaker 3: I want to improve my Writing skills, **do you suggest** any advice?

Speaker 4: **In your situation, I would** read a lot and practice some writing.

Speaker 5: I smoke and I want to stop it. **What would you advise me to do?**

Speaker 6: Well. You'd better stop smoking. **Why don't you** try playing sports.

3 – Grammar: Present Perfect

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The Form: has/have + past participle

Note: he, she, it + has

Affirmative: She has already eaten her dinner.

Negative: It Hasn't/has not rained yet.

Interrogative: Have you finished your exercise?
Where have you been lately?

The Present Perfect is used:

1. When What is the time period has not finished

Example:

I have read three books this month (this month has not finished yet)

2. When the time is not mentioned

Example:

she has obtained a diploma. we should congratulate her.

3. When the time is recent

Example:

she has just got married

4. with time expressions like: Already, just, yet, as soon as, never, ever, till now, up to now, recently, lately, so far....

- Since + point in time / for + duration

I have lived here since 1987.

I have lived here for 29 years

- Grammar: Modal Verbs

Modal verbs have special characteristics:

They are followed by bare infinitive (infinitive without to)

No -s on the 3rd person singular

No -ing form

No auxiliaries in the interrogative and negative forms.



Modal Verb		Function	Substituting verb
Can	Could	<ul style="list-style-type: none"> ability - <i>John can speak English, but he can't speak Spanish.</i> ability (in the past) - <i>My mother could swim when she was younger.</i> possibility - <i>I can learn English.</i> permission - <i>Can I smoke in the room?</i> offer - <i>Can I help you, madam?</i> request - <i>Could you bring me a cup of tea, please?</i> 	<ul style="list-style-type: none"> To be able to To be capable of To be (im)possible to To be allowed to
May	Might	<ul style="list-style-type: none"> permission (politeness) - <i>May I open the window, please?</i> possibility - <i>The chauffeur may be in the car.</i> <i>Susan may not come tomorrow.</i> <i>You might participate in the contest.</i> probability - <i>It might rain.</i> 	<ul style="list-style-type: none"> To be allowed to To be likely to To be probable to Perhaps... will
Will	Would	<ul style="list-style-type: none"> requests (more polite) - <i>Would you mind closing the door?</i> determination/intention - <i>I will pass the exam.</i> 	<ul style="list-style-type: none"> To want To desire To be determined to
Shall	Should	<ul style="list-style-type: none"> offer - <i>Shall I open the door for you?</i> suggestion - <i>Shall we go to the cinema?</i> advice - <i>You should eat more vegetables.</i> duty/moral obligation - <i>Children should listen to their parents.</i> 	<ul style="list-style-type: none"> Do you want...? Let's To have to (morally) To be the (moral) duty

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			<ul style="list-style-type: none"> • To be better • ... would better...
Must		<ul style="list-style-type: none"> • obligation/duty - <i>You must do your homework, whether you want to or not.</i> • deduction - <i>He has a great car. He must earn a lot of money.</i> • necessity - <i>You must go to the doctor if you can't see well.</i> 	<ul style="list-style-type: none"> • To have to • To be obliged to • To have the obligation • To be certain
Mustn't		<ul style="list-style-type: none"> • prohibition - <i>You mustn't cross the road when the red light is on.</i> 	<ul style="list-style-type: none"> • To be forbidden • To be prohibited to
Ought to		<ul style="list-style-type: none"> • recommendation/moral obligation - <i>You ought to study more.</i> 	<ul style="list-style-type: none"> • To have to
Need/Needn't		<ul style="list-style-type: none"> • (absence of) obligation/necessity - <i>You needn't run. It's still early.</i> 	<ul style="list-style-type: none"> • To be necessary • Don't need to • Don't have to
Dare		<ul style="list-style-type: none"> • audacity or lack of it - <i>How dare you? /He daren't look at me.</i> 	<ul style="list-style-type: none"> • To have the courage to

4 – Writing: Informal Letter

A personal letter (also called informal) is a letter that you write to someone of your age , s/he can be your friend or your sibling etc. The layout must be respected.

The sender's address

The date

Dear Emma / Tom

Thanks a bunch for your letter, it was kind of you to tell me about.....
 I was really (excited/sad) to hear / to know that.....

I shall tell you now about.....

First.....

well, that's it for now. I hope to hear from you soon

Till then, peace and love.

(your name)