



LEARN HEALTH VOCABULARY



Health

Health

Read the text then decide true/false

<https://virtually-fluent.com/wp-content/uploads/2021/08/5-A-Healthy-Lifestyle.pdf>

Health

Men should eat more than 2,000 daily.

Health

Men should eat more than 2,000 daily.

TRUE



Health

If your BMI is too high, you are overweight.

Health

If your BMI is too high, you are overweight.

TRUE



Health

We should drink around 8 glasses of water or fruit juice per day.

Health

We should drink around 8 glasses of water or fruit juice per day.

FALSE



Health

Intake of fizzy drinks is OK.

Health

Intake of fizzy drinks is OK.

FALSE



Health

We should do a minimum of 150 minutes of exercise per week.

Health

We should do a minimum of 150 minutes of exercise per week.

FALSE



Health

We should strengthen our muscles twice a week.

Health

We should strengthen our muscles twice a week.

TRUE



Health

Everyone should sleep between 7 and 9 hours per night.

Health

Everyone should sleep between 7 and 9 hours per night.

FALSE



Health

We should use screens before going to bed.

Health

We should use screens before going to bed.

FALSE



Health

We don't need to wash our hands when preparing food.

Health

We don't need to wash our hands when preparing food.

FALSE



Health

Smoking can make your eyesight worse.

Health

Smoking can make your eyesight worse.

TRUE



Health

You should visit your doctor for check-ups.

Health

You should visit your doctor for check-ups.

TRUE



Health

We should try to keep our feelings bottled up.

Health

We should try to keep our feelings bottled up.

FALSE



Health

What is an idiom?

Health

An **idiom** is a phrase in a language that is figurative. Words take on a different meaning when used as part of a specific phrase.

Native speakers use idioms in everyday conversations.

To be as fit as a fiddle



To have very good health

I am as fit as a fiddle

To be as fit as a fiddle



To be at the prime of life



To be at the prime of life



To be at the happiest, most
successful, fittest and
healthiest period of life.

*She is at the prime of her
life*

To have a new lease of life



To have a new lease of life



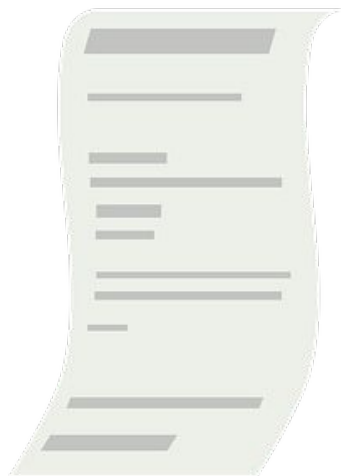
To suddenly be very
energetic, active and fit

*He lost weight and now he
has a new lease of life*

To have a clean bill of health



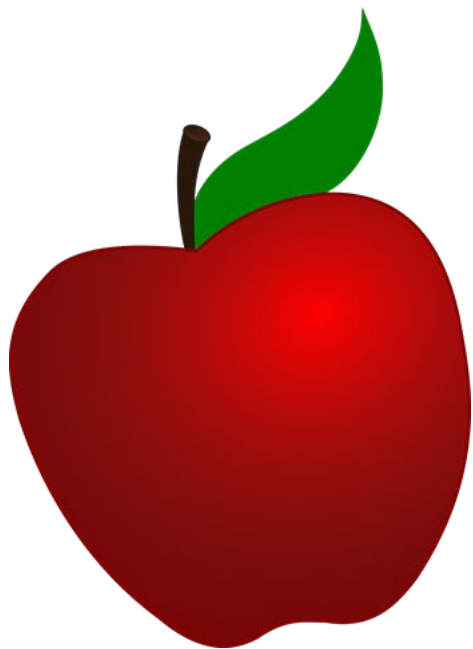
To have a clean bill of health



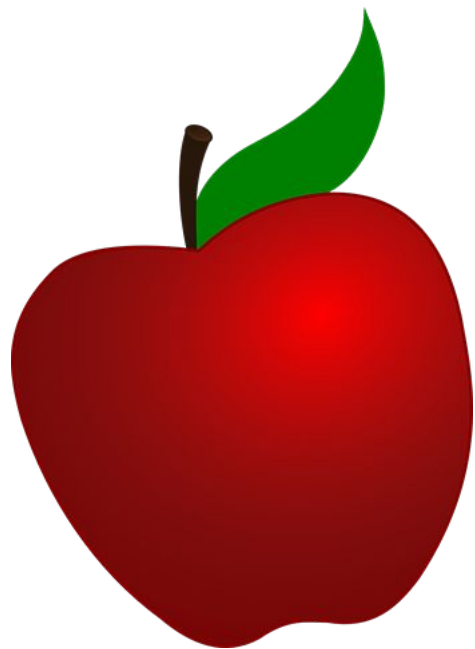
A doctor says that somebody
is well and healthy (not ill)

*Luckily, she now has a clean
bill of health*

An apple a day keeps the doctor away



An apple a day keeps the doctor away



Eating healthy foods will
prevent you from being ill

*You know it's true - an
apple a day keeps the
doctor away!*

To feel on top of the world



To feel on top of the world

To feel extremely healthy and
happy



I feel on top of the world!



Practice 1

It's conversation time!

<https://virtually-fluent.com/wp-content/uploads/2021/08/10-Health-Conversation-Questions.pdf>



Practice 2

Debate the following ideas

Healthcare should be free



We should brush our
teeth 3 times a day



We are what we eat



Mental health isn't the
same as physical health



You can still be fit and not
do exercise



Smoking should be
banned around the world



Sleep can solve any
problem



Social life isn't important
for health



Fresh air can help with mental health



Obesity is a disease



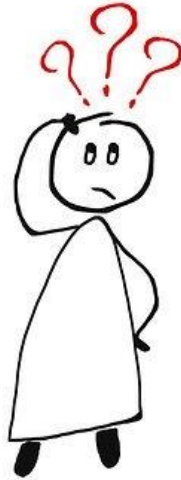
There is no such thing as
“mental health”



An apple a day keeps the
doctor away



Any questions?





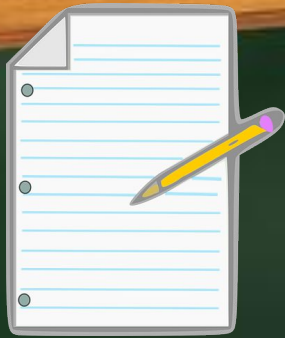
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VOCABULARY



REVIEW



Health



HOMEWORK

RESPOND TO THE FORUM

Link:

<https://virtually-fluent.com/groups/health/forum/topic/my-health-lifestyle/>