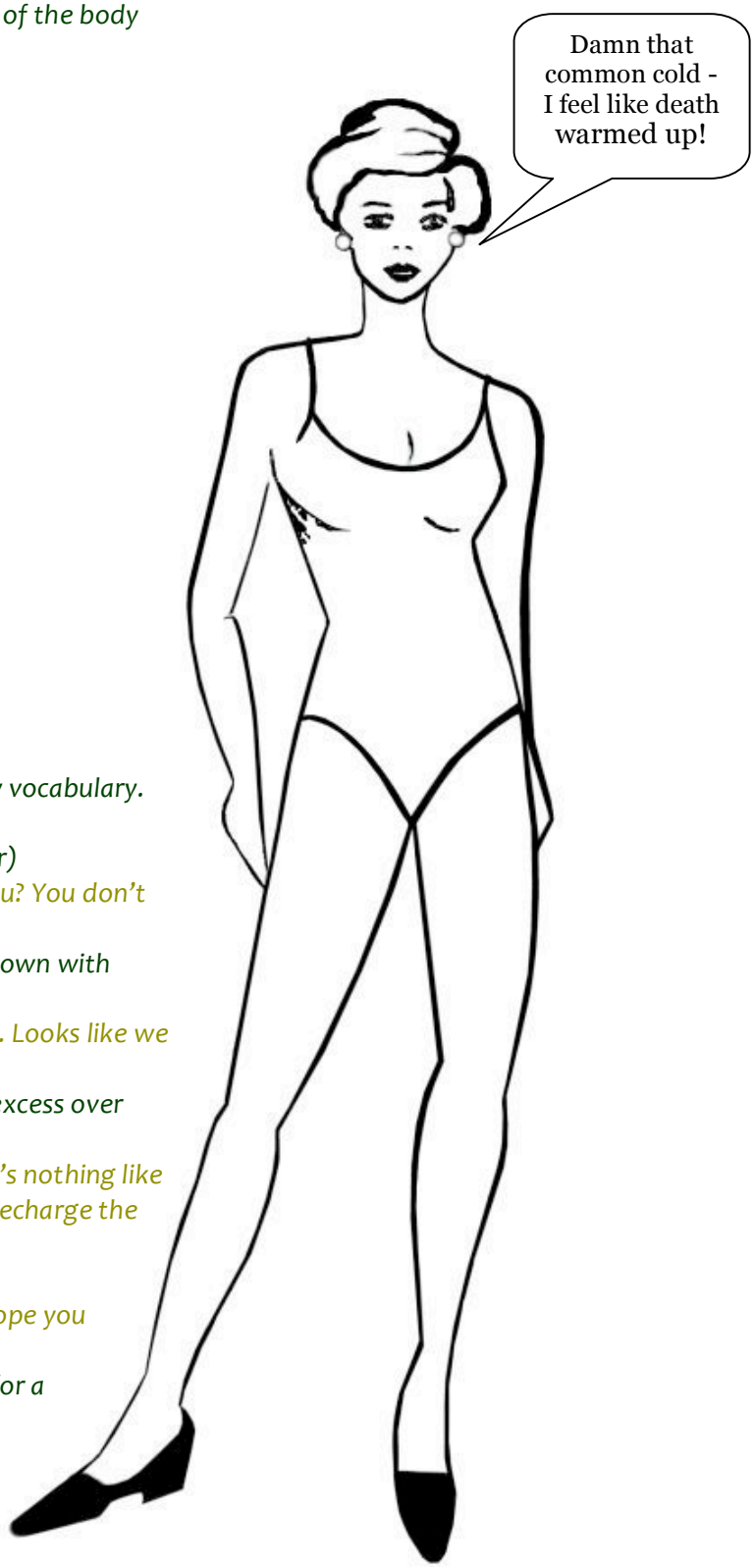
THE COMMON COLD!

Activity 1 – Match up

Link the symptoms to the corresponding part of the body

Sore throat
Runny nose
Tickly cough
Headache
Fever
Aches and pains
Constant sneezing
Swollen glands
Dry lips
Loss of voice
Queasiness
Stiff neck
Upset tummy
Dizziness
Bad back
Hurts to swallow
Cold sweats



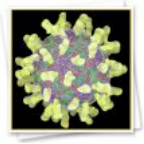
Activity 2 – Dialogue

Let's read the dialogue and underline any new vocabulary.

- *Happy New Year Freddie! (cough, splutter)*
- *Happy New Year to you Colin! How are you? You don't sound great!*
- *And you look like I feel! Are you coming down with something?*
- *Yes, I must admit I do feel a bit off colour. Looks like we both picked up a cold.*
- *Yes, not surprising really after the usual excess over Christmas and the severe lack of sleep!*
- *Well, we'll just have to fight it off – there's nothing like steaming hot soup and plenty of rest to recharge the batteries!*
- *I couldn't agree more!*
- *Well I had better get on, things to do. I hope you feel better soon, Colin.*
- *Yes, you too. We'll have to get together for a night out when you feel up to it.*
- *Definitely, I'll give you a bell.*

Activity 3 – Team Challenge

First let's read the list of phrasal verbs and idiomatic expressions below.
Now in teams, try and match them with the images your teacher will give you in the shortest possible time. Note that there are only eight images so not all the expressions will be accounted for.



PHRASAL VERBS & IDIOMATIC EXPRESSIONS

To be under the weather – *To feel a bit ill / have a cold because of the weather*

To burn the candle at both ends – *To work very hard and stay up very late at night.*

(One end of the candle is work done in the daylight, and the other end is work done at night.)

No wonder Mary is ill. She has been burning the candle at both ends for a long time.

To build up your strength – *To become larger or stronger, to recharge your batteries.*

She's had the flu and hasn't eaten for days. She needs to build up her strength before she goes back to work.

To pick something up – *To catch something – I picked up a cold last week*

To come down with something – *To become ill with an illness that's not very serious*

I think I'm coming down with a cold.

To pass out – *To faint / lose consciousness from weakness or sickness.*

The room was so hot and stuffy that he passed out.

To throw up – *To vomit / to puke*

To fight something off – *To try your best to get better*

I'm trying to fight off my cold by going to work.

To be off colour – *To feel a bit ill*

To shake something off – *To try to get better*

I've been trying to shake off this cold for days and days.

To look after someone – *To take care of someone*

To swell up / swollen – *To expand because of a problem, infection, etc.*

My glands have swollen up.

***To** get over something* – *To become better after being ill, recover from being sick -*

When he gets over the flu, he'll go back to work.

Activity 4 – What are you like when you're sick?

Choose one of the following characters to best describe you when you are sick – and be honest!

1. *Mr. or Mrs. Hardy - Sick? I never get sick!*
2. *Mr. or Mrs. Normality - Actually, no different to usual – I just get on with it!*
3. *Mr. or Mrs. Antisocial - I like to keep myself to myself so I tend to be one my own until I feel better.*
4. *Mr. or Mrs. Bear with a soar head - I am not very good company and extremely grumpy!*
5. *Mr. or Mrs. Melodramatic – It's the end of the world and I am surely going to die!*
6. *Mr. or Mrs. Hypochondriac – I'm sick again, how unlucky can I be?*

Activity 5 – Unhealthy action verbs

In turns, you will pick an action verb out of the hat and describe it to your classmates, who have to guess the action. You will play in teams and must ring the bell before giving your answer.

Activity 6 – Your dialogue

Now it's your turn to write a funny or embarrassing dialogue with your partner using the new expressions, action verbs and one or two of the characters above.

Activity 7 – The Power of Chicken Soup!

Let's read the following article and give a summary as to why soup is just what the doctor ordered!
http://www.bbc.co.uk/news/magazine-16250448