

Exercises:

I. Put these health problems in the three columns. Do you think they are not serious, more serious or very serious?

cancer	toothache	cholera	hay-fever	a headache
a heart attack	a cold	asthma		

not serious

a headache

a cold

toothache

more serious

hay-fever

asthma

very serious

cancer

cholera

a heart attack

II. What illnesses are connected with ...

1. a mosquito bite? (malaria)
2. bad drinking water? (cholera)
3. pollution, traffic fumes? (asthma)
4. grass, flowers, etc.? (hay-fever)
5. smoking? (cancer/heart attacks)

III. Answer these questions for yourself. Use a dictionary if you have to.

1. What do you think is a good diet?
2. What sort of exercises do you like?
3. Do you have a lot of stress in your life?
4. Have you ever been in hospital?