



Idioms #7 | Intermediate 5

Health Idioms - Part 1

Listen to three conversations using idioms about health.

Conversation 1 - In the Meeting

- A:** Thanks for attending the meeting. Is everyone here?
B: Yes, we are all here.
A: I'm sure you are all aware of the recent _____.
C: Yes, what should we do about our business trips?
A: We want you to _____ all travel for a month.
D: What about working in the office?
A: You can work from home, but just _____ with the office daily.
B: Also, please _____ the company health page for updates.
A: Yes, and _____ on your activity.
E: Can I still come in to the office?
A: Yes, just be safe. Wash your hands often and monitor your health.
E: I will take extra precaution.
A: Thanks everyone. Take care of yourself and be safe.

Conversation 2 - At Yoga

- A:** Hey, we missed you last week.
B: Yeah, I was _____ for a few days.
A: Really, did you _____?
B: Yeah, I was _____.
A: Oh, I'm sorry to hear that.
B: Yeah, be careful. _____.
A: Yeah, I try to _____.

Conversation 3 - In the Office

- W:** Why did you go home early yesterday?
M: I thought I was _____.
W: Oh, did you _____?
M: No, I just needed to _____.
W: Yeah, you _____.
M: Yeah, after a good night's sleep I felt as _____.

Quiz

1) What is true about Conversation 1 - In the Meeting?

- a) They can travel.
- b) They must stay home.
- c) They are all there.
- d) One man is sick.
- e) They mention a health website.

2) What is true about Conversation 2 - At Yoga?

- a) They cancelled class.
- b) The woman feels sick.
- c) The woman wants to go home.
- d) One woman sticks to herself.
- e) One woman missed class.

3) What is true about Conversation 3 - In the Office?

- a) The woman missed work.
- b) The man left early.
- c) The man feels sick now.
- d) The man needed sleep.
- e) The woman needs sleep.

Vocabulary

Fill in the blanks with the correct phrase.

- Catch a bug** - Get sick
- Catch the flu / a cold** - Get the flu / a cold
- Check in with** - To report to someone
- Check out** - Find information about something
- Come down with something** - Get sick
- Fresh as a daisy** - Feel great or refreshed
- Health scare** - A health concern
- It's going around** - An illness is spreading
- Keep us posted** - Inform people of your activity
- Laid up** - Home sick
- Looked a bit haggard** - Look/feel very exhausted
- Put off** - Postpone or do later
- Recharge my batteries** - Get some rest
- Sick as a dog** - Very sick
- Stick to myself** - To be alone or isolated

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Conversation 1 - In the Meeting

- A:** Thanks for attending the meeting. Is everyone here?
B: Yes, we are all here.
A: I'm sure you are all aware of the recent **health scare**.
C: Yes, what should we do about our business trips?
A: We want you to **put off** all travel for a month.
D: What about working in the office?
A: You can work from home, but just **check in** with the office daily.
B: Also, please **check out** the company health page for updates.
A: Yes, and **keep us posted** on your activity.
E: Can I still come in to the office?
A: Yes, just be safe. Wash your hands often and monitor your health.
E: I will take extra precaution.
A: Thanks everyone. Take care of yourself and be safe.

Conversation 2 - At Yoga

- A:** Hey, we missed you last week.
B: Yeah, I was **laid up** for a few days.
A: Really, did you **catch a bug**?
B: Yeah, I was **sick as a dog**.
A: Oh, I'm sorry to hear that.
B: Yeah, be careful. **It's going around**.
A: Yeah, I try to **stick to myself**.

Conversation 3 - In the Office

- W:** Why did you go home early yesterday?
M: I thought I was **coming down with something**.
W: Oh, did you **catch the flu**?
M: No, I just needed to **recharge my batteries**.
W: Yeah, you **looked a bit haggard**.
M: Yeah, after a good night's sleep I felt **fresh as a daisy**.

Quiz

1) What is true about Conversation 1 - In the Meeting? ✓

- a) They can travel.
 b) They must stay home.
c) They are all there.
 d) One man is sick.
e) They mention a health website.

2) What is true about Conversation 2 - At Yoga? ✓

- a) They cancelled class.
 b) The woman feels sick.
 c) The woman wants to go home.
d) One woman sticks to herself.
e) One woman missed class.

3) What is true about Conversation 3 - In the Office? ✓

- a) The woman missed work.
b) The man left early.
 c) The man feels sick now.
d) The man needed sleep.
 e) The woman needs sleep.

Vocabulary

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Idioms #08 | Intermediate 5

Health Idioms - Part 2

Listen to three conversations using idioms about health to complete the conversations.

Conversation 1 - In the Lobby

- A: Hey, how are you? I hear you got sick?
 B: Yeah, I got that _____ going around.
 A: Maybe you should stay at home.
 B: No, I'm fine now. It's completely _____.
 A: Really! That's good. What were your symptoms?
 B: I was _____ and I had a _____.
 A: That sounds terrible.
 B: Yeah, my wife got it too but she's now _____.

Conversation 2 - At the Station

- A: So how was your visit to the hospital?
 B: All good. The doctor gave me a _____.
 A: Oh great. So you don't have anything?
 B: No, the doctor thinks it was _____.
 A: What was it then? Stress?
 B: Yeah, he told me to just work less.
 A: Well, you have vacation soon.
 B: Yeah, _____.

Conversation 3 - In the Library

- A: _____.
 B: Yeah, I am feeling a bit _____.
 A: You should _____.
 B: No, I hate going to the hospital.
 A: Yeah, but _____.
 B: Maybe you're right. _____.
 A: Plus, it might be better for you to stay home.
 B: You're right. I don't want to pass what I got onto anyone else.

Quiz

- 1) What is true about Conversation 1 - In the Lobby?
- The man and his wife got sick.
 - The office must stay home.
 - The man still feels sick.
 - The man had a sore throat.
 - The man had a headache.
- 2) What is true about Conversation 2 - At the Station?
- The man saw a doctor.
 - The man is very sick.
 - The man has stress.
 - The woman feels sick too.
 - The man needs a vacation.
- 3) What is true about Conversation 3 - In the Library?
- The woman feels hot.
 - The man feels sick.
 - The man took medicine.
 - The woman has no time.
 - The man will follow her advice.

Vocabulary

Fill in the blanks with the correct phrase.

- a stitch in time saves nine** - Early attention can prevent big problems
- all in my head** - All mental and not physical
- better safe than sorry** - It is best to be safe
- clean bill of health** - A good report on a person's health
- flu bug** - The flu virus
- Get that checked out** - See a doctor or health specialist
- just what the doctor ordered** - What a person needs
- on the mend** - Recovering
- out of my system** - No longer in my body
- running a fever** - Have a high fever
- splitting headache** - Have a very bad headache
- under the weather** - I feel sick
- you don't look so hot** - You look sick

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Conversation 1 - In the Lobby

- A: Hey, how are you? I hear you got sick?
 B: Yeah, I got that **flu bug** going around.
 A: Maybe you should stay at home.
 B: No, I'm fine now. It's completely **out of my system**. The doctor gave me a clean bill of health.
 A: Really! That's good. What were your symptoms?
 B: I was **running a fever** and I had a **splitting headache**.
 A: That sounds terrible.
 B: Yeah, my wife got it too but she's now **on the mend**.

Conversation 2 - At the Station

- A: So how was your visit to the hospital?
 B: All good. The doctor gave me a **clean bill of health**.
 A: Oh great. So you don't have anything?
 B: No, the doctor thinks it was **all in my head**.
 A: What was it then? Stress?
 B: Yeah, he told me to just work less.
 A: Well, you have vacation soon.
 B: Yeah, **just what the doctor ordered**.

Conversation 3 - In the Library

- A: **You don't look so hot**.
 B: Yeah, I am feeling a bit **under the weather**.
 A: You should **get that checked out**.
 B: No, I hate going to the hospital.
 A: Yeah, but a **stitch in time saves nine**.
 B: Maybe you're right. **Better safe than sorry**.
 A: Plus, it might be better for you to stay home.
 B: You're right. I don't want to pass what I got onto anyone else.

Quiz

- 1) What is true about Conversation 1 - In the Lobby? ✓
- The man and his wife got sick.
 - The office must stay home.
 - The man still feels sick.
 - The man had a sore throat.
 - The man had a headache.**
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