# Listen and fill in the gaps.

No worries! Relax, make yourself some hot tea and read *Jump*. We often get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in winter. We cough, get a runny noseand have a high temperature. It’s not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, in fact it’s nothing bad. A normal “healthy” person can managewithout any medicine. You just need to relax and give it a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or two. Sleep a lot, don’t do sports, and don’t go to parties! If you have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ temperature, don’t go to school or work.

# Make these imperatives negative. Then circle what is good to do when you have a cold.

Example:

Relax Don’t relax.

Drink hot tea. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sleep a lot. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do sports. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Go to parties. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Take pills. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sweat. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Inhale ginger. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Eat chilli peppers. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Match the health problems to the possible cures.

|  |  |
| --- | --- |
| **Health problems** | **Cures** |
| cough | Drink lime tea. |
|  |  |
| high temperature | Drink ginger tea. |
|  |  |
| runny nose | Drink thyme tea or eat a spoon of thyme syrup. |
|  |  |
| sore throat | Drink a glass of water with turmeric powder. |
|  |  |
| all the above problems |  |

SOLUTIONS

# Listen and fill in the gaps.

No worries! Relax, make yourself some hot tea and read *Jump*. We often get colds in winter. We cough, get a runny noseand have a high temperature. It’s not flu, in fact it’s nothing bad. A normal “healthy” person can managewithout any medicine. You just need to relax and give it a week or two. Sleep a lot, don’t do sports, and don’t go to parties! If you have a high temperature, don’t go to school or work.

# Make these imperatives negative. Then circle what is good to do when you have a cold.

Example:

Relax. Don’t relax.

Drink hot tea. Don’t drink hot tea.

Sleep a lot. Don’t sleep a lot.

Do sports. Don’t do sports.

Go to parties. Don’t go to parties.

Take pills. Don’t take pills.

Sweat. Don’t sweat.

Inhale ginger. Don’t inhale ginger.

Eat chilli peppers. Don’t eat chili peppers.

# Match the health problems to the possible cures.

|  |  |
| --- | --- |
| **Health problems** | **Cures** |
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