

# Keep fit and healthy



# **PROVERBS ABOUT HEALTH**

**AN APPLE A DAY KEEPS THE DOCTOR AWAY**

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**A SOUND MIND IN A SOUND BODY**

**HEALTH IS BETTER THAN WEALTH**

# What's the matter?



He/She has...(a cold)

# Headache



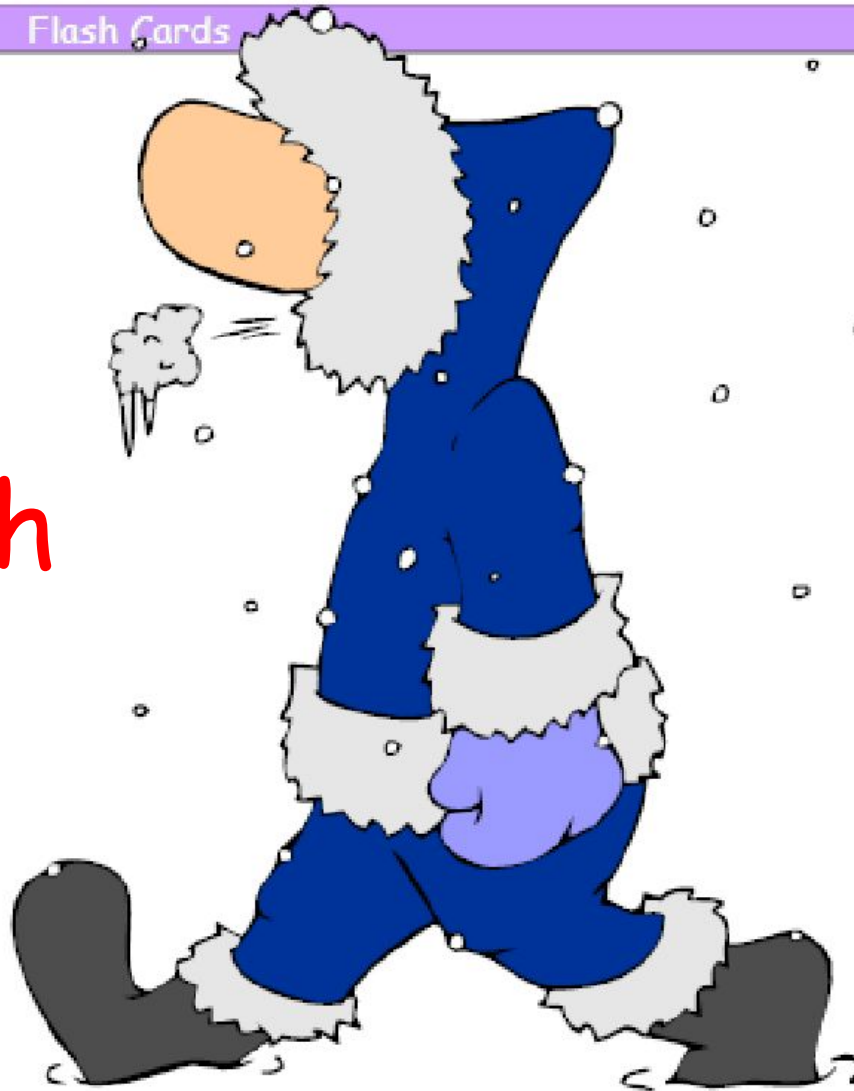
Fever



Sore  
throat



Cough





Stomach ache

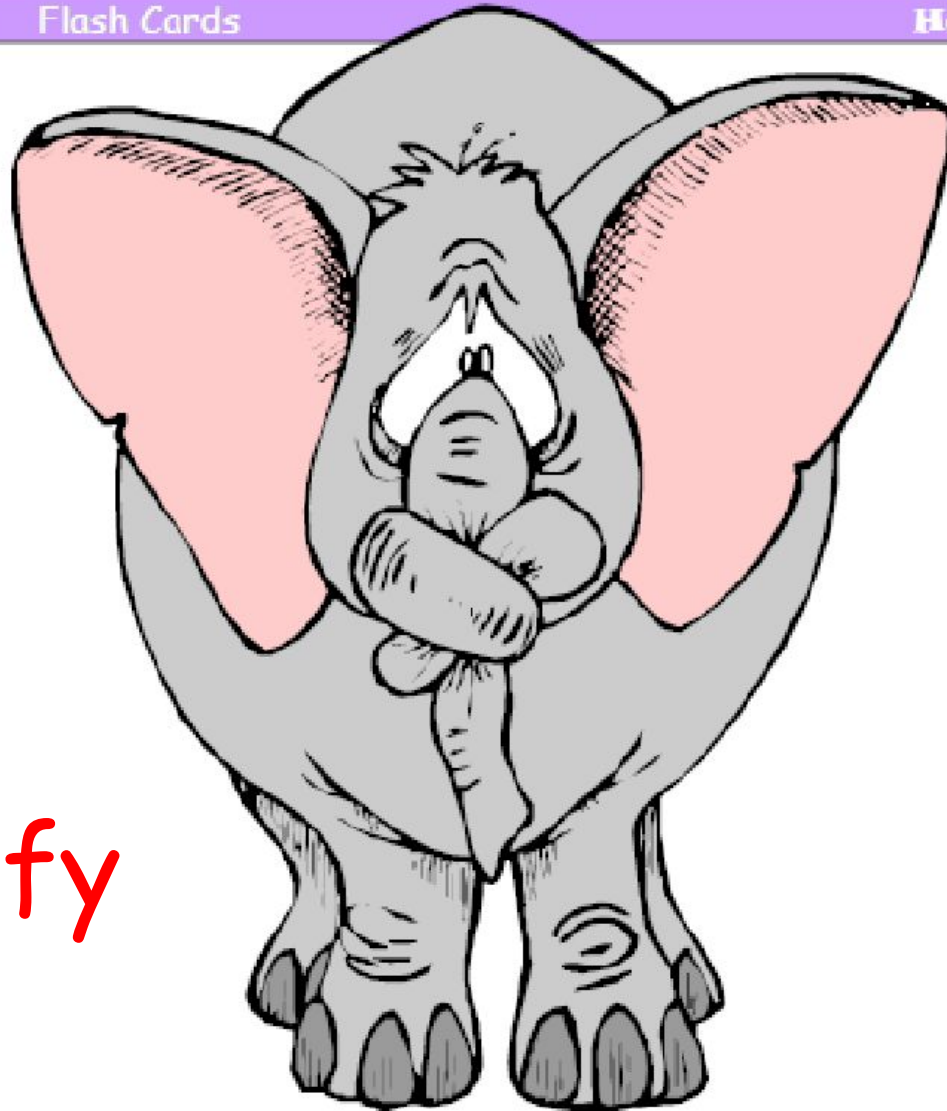


# Earache



Runny  
nose





Stuffy  
nose

Sunburn



Toothache



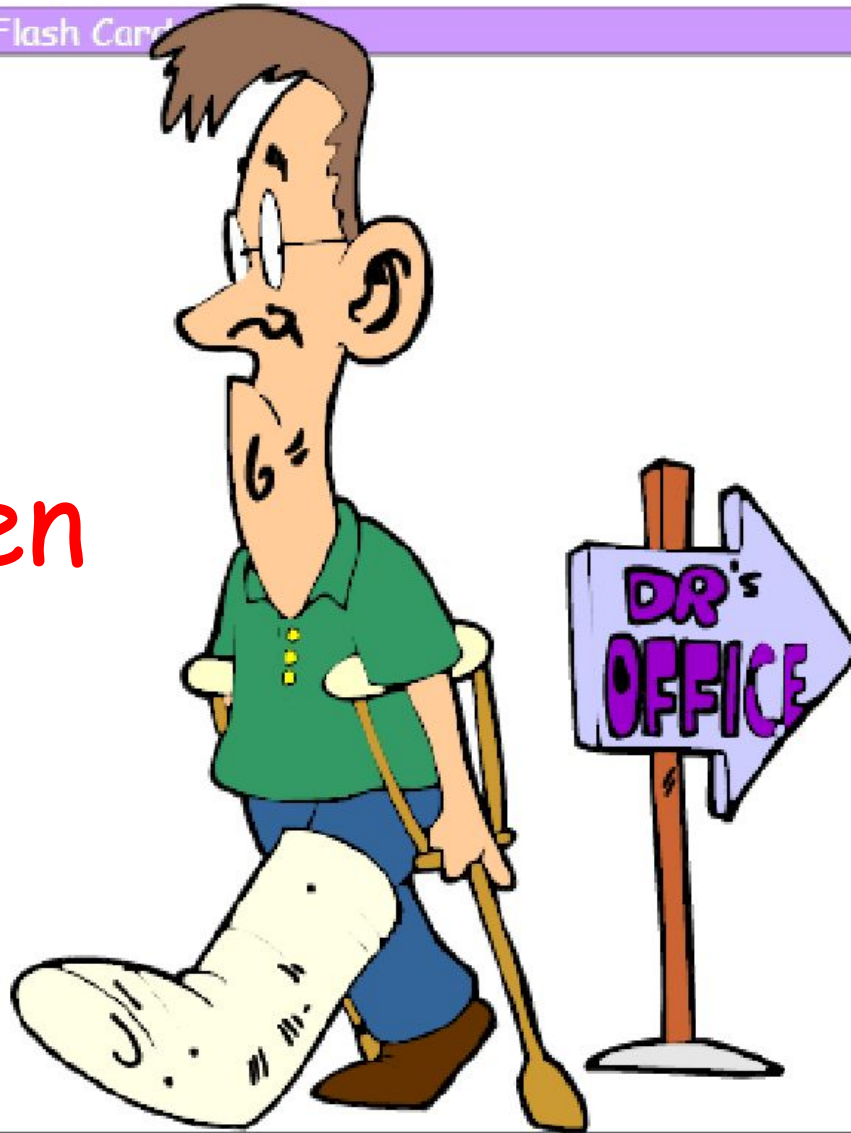
Cut





Cramp

Broken  
leg





Black eye



**Sort these words into the columns**  
**(Распредели эти слова по колонкам)**

Aspirin, high temperature, nose drops, a cold, cough,  
cough syrup, flu, a sore throat, to be pale,  
headache, tablets, toothache, milk with honey

Disease	Medicine	Symptoms

**Sort these words into the columns**  
**(Распредели эти слова по колонкам)**

<b>Disease</b>	<b>Medicine</b>	<b>Symptoms</b>
a cold  flu  a sore throat	aspirin  nose drops  cough syrup  tablets	high temperature  cough  to be pale
toothache	milk with honey	headache

# Problem

# Treatment



**a cold**

keep warm, drink tea  
with lemon

**a broken leg**

put a bandage on it

**a sore throat**

drink hot milk with  
baking soda

**a burn**

put your arm under cold  
running water

**a small cut**

wash and put plaster on  
it

**a bad cut**

call the doctor

