

COLLOCATIONS: HEALTH

1 COLLOCATIONS: THEORY

Read the theory about collocations and then complete the worksheet.

What is a Collocation?

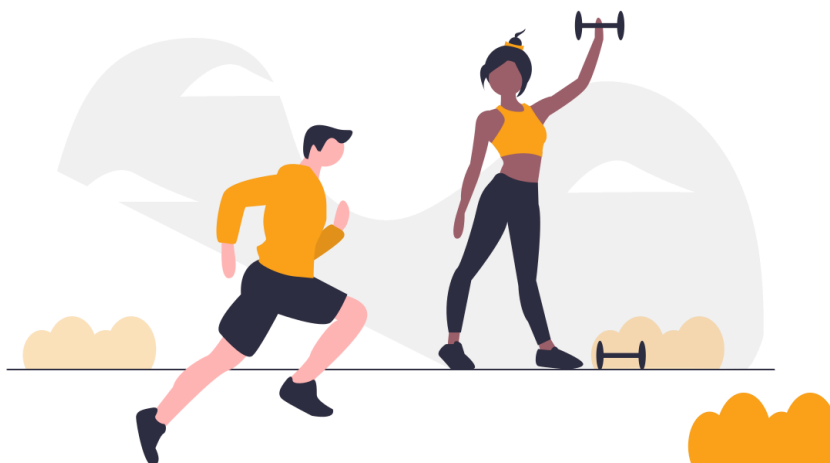
In English, we have the habit of using certain words together more often than others. These words that appear together are called collocations.

Why are Collocations Important?

It is important to master collocations as it will make your speech sound more natural. When you use collocations, your speech will be idiomatic - meaning you will sound more like a native speaker.

Examples of Common Collocations

Let's **have lunch** together today.
I **have a problem** with my car - it's not starting.
I can't wait to **make money** when I'm older.
He is naughty. He always **breaks the rules**.
They are **getting married** this weekend.





2 COLLOCATIONS ABOUT HEALTH AND ILLNESS

Task: Read the sentences below and match the phrases in bold to their meaning.

1. Dieting isn't sustainable to lose weight, you need a complete **lifestyle change**.
2. She has been **diagnosed with** diabetes, so she needs to take medicine.
3. The **life expectancy** is higher in Europe than in Africa.
4. I have decided to **quit smoking**, but it hasn't been easy.
5. Exercising, getting enough sleep and meditation are ways to **reduce stress**.
6. You need to **eat a balanced diet** and **get plenty of sleep** to stay healthy.
7. She is going to **get vaccinated** soon, because she is travelling next month.
8. It is important to have **health insurance** in case of medical emergencies.
9. They were in a car accident and they both **sustained serious injuries**.
10. He got off with **minor injuries** after his motorcycle accident.
11. If you have a headache, you should **take some aspirin** to **relieve the pain**.
12. Loads of people **suffer from chronic diseases** and have to take medicine every day.
13. We can't come tonight, because our daughter **has a cold**.
14. Put on a jacket, you are going to **catch a cold**!

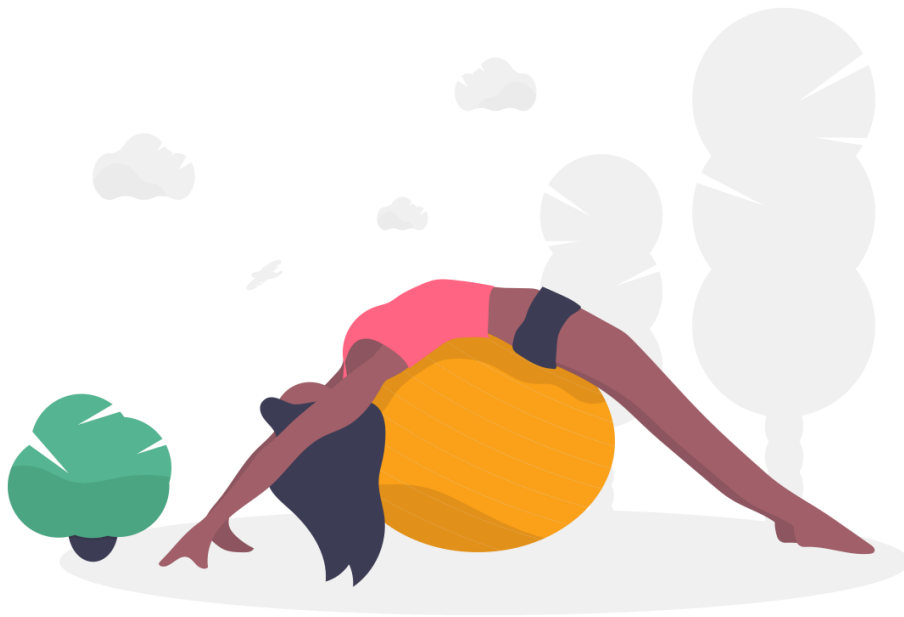
Meanings:

- a. A diet consisting of a variety of different types of food.
- b. To ingest a pill.
- c. The process of getting an injection that can guard you against a disease.
- d. The average period that a person might expect to live.
- e. An injury that doesn't have any chance of causing death.
- f. Partial lessening of pain.
- g. When someone is coughing, sneezing and has a runny nose.
- h. A type of insurance that covers bills arising from medical treatment.
- i. Referring to techniques to stress less.
- j. The process of developing a cold.
- k. Medical conditions that last longer than a year with ongoing medical attention.
- l. To change habits in your life; usually related to a positive change.
- m. The process of completely stopping smoking.
- n. To get enough sleep; eight hours is the recommended amount per evening.
- o. An injury that has the possibility of causing death.
- p. To identify the nature of a medical condition.

3 COLLOCATIONS: PRACTICE

Task: Read the sentences and complete the collocations with the correct word.

1. He **sustained** serious injuries after the mountain biking accident.
2. Meditation is a great way to **reduce** stress.
3. I am trying to get my mom to **quit** smoking.
4. The life **expectancy** in The USA is 78 years.
5. Get out of the wind, you're going to **catch** a cold!
6. She made a lifestyle **change**. She's eating healthy food and exercising.
7. Eating a **balanced** diet means eating fruit, vegetables, meat and starch.



4 QUESTIONS

Task: Write answers for the questions below.

1. Do you think less people will be diagnosed with chronic illnesses in the future?

2. Have you ever decided to make a lifestyle change? What did you do?

3. What is the life expectancy for men and women in your country?

4. Do you know anyone who quit smoking? How did they do it?

5. What are some techniques you use to reduce stress?

6. Do you need to have health insurance in your country or is medical care free?

7. In your opinion, what is a balanced diet?

8. What do you do to recover when you have a cold?

9. What can people do to prevent catching a cold?

10. How important is it to you to get plenty of sleep?

11. What do you do to relieve the pain when you have a headache?

