

Let's talk about...

HEALTH



A. Pronunciation

Health is Wealth

Rich or not
We all have got
Chances in lifetime
To live quite sublime

More rich people become richer
And the majority poor more poorer
It's not how much money brings boost
But having enjoyed life not its cost

Healthy body makes an active mind
Once sick can't make good things rewind
Beware of taking too much of everything
Good health is wealth and the best thing

B. Target Vocabulary

Giving and Responding to Good and Bad News	
GOOD NEWS	BAD NEWS
Giving good news	Giving bad news
<ul style="list-style-type: none"> • <i>I'm really pleased to tell you...</i> • <i>I'd like to tell you ...</i> • <i>I've got some good / great / wonderful news for you.</i> • <i>Guess what! ... (informal)</i> • <i>I'm so excited to tell you that ... (informal)</i> 	<ul style="list-style-type: none"> • <i>I'm afraid I've got some bad news ...</i> • <i>I regret to inform you that ...</i> • <i>I really don't know how to say it, but ...</i> • <i>I'm sorry to tell you that ...</i> • <i>Unfortunately ... (informal)</i>
Responding to good news	Responding to bad news
<ul style="list-style-type: none"> • <i>That's wonderful / fantastic / great news!</i> • <i>Wow, that sounds great!</i> • <i>I'm glad to hear that!</i> • <i>Congratulations!</i> • <i>That sounds like great news!</i> 	<ul style="list-style-type: none"> • <i>That's a pity. / That's a shame. / That's too bad. (for small and not serious incidents)</i> • <i>I'm terribly/so/very sorry to hear that.</i> • <i>That must have been awful. (someone tells you about a bad experience they had)</i> • <i>I'm sorry. Is there anything I can do to help? (offering help)</i> • <i>If there's anything I can do, just let me know. (offering help)</i>

Expressions		
1. As fit as a fiddle	To be healthy and physically fit	My grandfather is ninety years old but he is <i>as fit as a fiddle</i> .
2. Green around the gills	To look sick	My colleague was looking a little <i>green around the gills</i> when he came to work today.
3. Burn oneself out	to become very tired and almost sick from doing something for a long time or from working too hard	After working long hours for many months, she <i>burned herself out</i> .
4. Out of shape	Not in good physical condition	She is <i>out of shape</i> and cannot walk for a long distance.
5. Full of beans	To be lively, active, and healthy.	He may be getting old but he's still <i>full of beans</i> .