

## ELEMENTARY UNIT 11

- 1 When was the last time you had a cold? What did you do to get better?
- 2 Read the article about some homemade treatments for a cold. Which treatments would you like to try?

## Eat yourself better!



View comments

Have you got a cough and a runny nose? Do you think you're getting a cold? Well, the good news is, you can eat yourself better! Here are some delicious food cures for you to try.

Let's start with my favourite: chocolate. Yes, believe it or not, chocolate can help cure your cold!

1

Well, dark chocolate, it seems, helps stop a cough. So, if you're coughing a lot, help yourself to a nice bar of chocolate.

A lot of different cultures believe that chicken soup can help you when you have a cold.

2

So if your nose is running and you have a sore throat, have a bowl of lovely, homemade chicken soup!

Milk, honey, lemon and ginger are also useful in fighting a cold. You can drink hot milk with honey, or a delicious cup of lemon and ginger tea.

3

If you like spicy food, then this next one is for you. It seems that eating hot, spicy food, for example an Indian curry, can help your body fight a cold.

4



- 3 Complete the gaps in the article 1–4 with the sentences and questions a)–d).
  - a) And a lot of doctors agree.
  - b) Both things will help you feel much better.
  - c) How does it work?
  - d) So get in the kitchen and remember to add that spice!
- 4 Find words in the article to complete the lists below.
 

Kinds of food and drink:  
chocolate , \_\_\_\_\_ , \_\_\_\_\_  
 \_\_\_\_\_ , \_\_\_\_\_ , \_\_\_\_\_  
 \_\_\_\_\_ , \_\_\_\_\_

Symptoms of a cold:  
a cough , \_\_\_\_\_ , \_\_\_\_\_
- 5 Did you know about any of these cures already? Do you know of any other traditional cures for a cold?
- 6 11.1 Listen to a doctor talking on a radio show. What problem is she talking about? How many solutions does she suggest?
- 7 Listen again. Tick the solutions she mentions in the list below.
 

Count sheep.  
 Count your breaths.  
 Count from one to twenty.  
 Look at your phone.  
 Switch your phone off.  
 Don't look at your phone.
- 8 Complete the advice. Use the words in the box.
 

can	difficult	Don't	easier	important	most
-----	-----------	-------	--------	-----------	------

  - 1 It's very \_\_\_\_\_ to relax.
  - 2 You \_\_\_\_\_ count your breaths.
  - 3 When you're relaxed, it's \_\_\_\_\_ to go to sleep.
  - 4 I think the \_\_\_\_\_ important thing is to switch off your mobile phone.
  - 5 \_\_\_\_\_ look at your phone for half an hour before you go to bed.
  - 6 It's \_\_\_\_\_ sometimes, but it always helps!
- 9 Do you think Dr White's advice is good advice? Do you have any other advice to offer?
- 10 Work in pairs. Look at the common problems below. What advice can you give these people?
  - 1 I feel very tired in the morning.
  - 2 I get very stressed when I have exams.
  - 3 I want to do more exercise but I don't have enough time.

1 You should go to bed earlier.