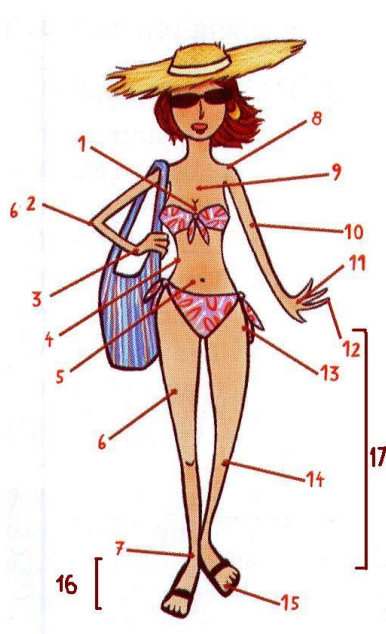


BODY PARTS:**FACE**

- 1 forehead
 - 2 eyelid(s)
 - 3 cheek(s)/ cheekbone(s)
 - 4 lip(s)
 - 5 mouth
 - 6 eyebrow(s)
 - 7 ear(s)
 - 8 nose
 - 9 chin
 - 10 neck
 - 11 eyelash(es)
- Other words: eye(s), hair, head, tooth (singular)/teeth (plural), tongue.

**BODY**

- 1 breast(s)
- 2 elbow(s)
- 3 wrist(s)
- 4 waist
- 5 stomach
- 6 thigh(s)
- 7 ankle(s)
- 8 shoulder(s)
- 9 chest
- 10 arm(s)
- 11 hand(s)
- 12 finger(s) /thumb(s)
- 13 hip(s)
- 14 knee(s)
- 15 toe(s)
- 16 foot (singular)/ feet (plural)
- 17 leg(s)

Other words: back, bone(s), brain, heart, skin.

NOTICE: In English we use possessive adjectives with parts of the body, not “the”:

Give me your hand. NOT: Give me ~~the~~ hand.

PHYSICAL ACTIONS: bleed, breathe, bite (e.g. your nails), blow your nose, cry, die, feel, hear, kick (with your feet), kiss, laugh, see, smell, smile, sneeze, think, touch, vomit, yawn(= when tired or bored)...

ILLNESSES, COMMON PROBLEMS AND SYMPTOMS:

Diseases/ illnesses: have a depression, have a heart attack, have a tumour, have a virus /'vaɪrəs/, have AIDS /eɪdz/, have appendicitis /əˌpendɪ'saɪtɪs/, have arthritis, have asthma, have cancer (breast cancer, lung cancer, skin cancer), have diabetes /ˌdaɪə'bi:tɪz/, have food poisoning, have hepatitis, have Parkinson's disease, suffer from insomnia, suffer from migraine /'mɪˌgreɪn-'maɪgreɪn/...

Phobias: have acrophobia (heights), agoraphobia (open spaces), glossophobia (public speaking), claustrophobia (closed spaces), arachnophobia (spiders); be afraid of .../ be frightened of... bats, closed spaces, cockroaches, darkness, flying, heights, lifts, mice/rats, open spaces, snakes, speaking in public, spiders, wasps, water...: [Winona Ryder has been afraid of water since 1983 because she fell into a lake and nearly died.](#) [Dennis Bergkamp has been afraid of flying since 1994. He decided never to travel by plane again because a journalist said there was a bomb on the plane, and everybody started to panic.](#)



Common problems, accidents, injuries and symptoms:

be tired/anxious, be sick/ feel sick/ vomit, be swollen, break your arm/leg, burn yourself (e.g. on a hot pan), cut your finger, faint, feel dizzy, feel breathless, get a bee sting/be stung by a bee, get a rash (e.g. on your face after eating strawberries), get sunburned/sunburnt, have a backache/back pain, have a blocked nose, have blocked ears, have a cold, have a cough /kɒf/, have a headache, have a runny nose, have a sore throat, have a stomach-ache, have a temperature/ a fever, have a toothache, have an allergy to sth/ be allergic to sth

(to any drugs, to penicillin), have an (eye) infection, have diarrhoea /,daɪə'ri:ə/, have dry skin, have earache, have flu or influenza, have sleeping problems, lose appetite...

ACHES /eɪks/ AND PAINS:

- Nouns: we use “ache” with: backache, earache, headache, toothache, stomach-ache.

I have got (a) backache / (an) earache / a headache (countable)/ (a) toothache / (a) stomach-ache.

I have body aches.

For other (or also the previous) parts of the body we use “pain” (noun):

I have a pain in my chest/ in my leg/ in my stomach.

I have a chest pain/ back pain/ neck pain/ muscular pain.

- Verbs: we can use “ache” (intransitive verb) for some things, but “hurt” ((in)transitive verb) is more common and it can be used with/without an object.

My head/tooth/back aches.

He hurt his knee playing football. (+ object) / She hurt herself. (+ object)

My back/shoulder/arm/leg hurts. (- object)

- Adjectives: **painful** ≠ **painless**

Is your arm very painful? - Did it hurt when you had your filling? - No, it was painless.

TREATMENTS AND TESTS:

apply some cream on your skin, get a vaccination against sth, have a blood/eye/urine test, have a check-up, have a massage, have a test for HIV, have a transplant, have an injection, have an operation, have an X-ray, have radium treatment, put a plaster on sth, need physiotherapy, rest, take antibiotics, take painkillers, take paracetamol, take sb’s blood pressure, take sb’s pulse, take sb’s temperature, take an/some aspirin, take some cold medicine, take tablets (e.g. vitamin tablets) or pills (e.g. sleeping pills), use (nose/eye) drops...

People: a dentist, doctor, family doctor / GP (=general practitioner), nurse, patient, specialist, surgeon (=a doctor who does operations).

Places: chemist/ chemist’s (Br)/ pharmacy (Br and AmE), health centre (=a building where several doctors work, and where people can go for medical treatment), hospital, surgery (= a place where a doctor or dentist gives treatment).

HEALTHY AND UNHEALTHY ACTIVITIES:

Healthy activities: do physical exercise / stay physically fit (exercise also lets you burn off stress from work): e.g. go jogging, go walking, go swimming, do yoga, etc.; **drink** plenty of **water**; **eat** a **healthy** and balanced **diet** (cut down on fatty foods); eat one or two pieces of **dark chocolate** a day (it contains antioxidants); get plenty of **rest** (e.g. go on holidays) and **sleep**; have enough **free time**; have regular **checkups** (=medical examinations)/ visit the doctor and the dentist once a year; **laugh**; go to **Spas** to relax; practice **relaxation techniques** (e.g. meditation); **sunbathe** for 15 minutes a day without sunscreen (avoid doing it between 11 in the morning and 3 in the afternoon); **wear comfortable shoes**...

Unhealthy activities: be a couch potato; be a mouse potato (spend too much time online, play a lot of computer games...); drink too much alcohol/coffee/tea; eat an unhealthy diet (e.g. junk or fast food); not do exercise or do exercise inappropriately; not sleep enough; smoke; take drugs; work or study too much...