

1. Use the appropriate form of the word in brackets

A common cold is usually ____ /HARM/. The symptoms are ____ /RUN/ or ____ /STUF/ nose, sore throat, ____ /WATER/ eyes. A common cold can be caused by one of more than 200 viruses; therefore symptoms tend to ____ /VARIETY/. However, it is ____ /LIKE/ that you will have a high fever and experience ____ /SIGNIFY/ fatigue. Symptoms of a common cold usually appear about one to three days after ____ /EXPOSE/ to a cold virus.

The most common causes of pneumonia are bacteria, viruses and **fungi**. You can also get it by ____ /ACCIDENT/ inhaling a liquid or chemical. If you have pneumonia, you may have ____ /DIFFICULT/ breathing and have a cough and a fever. The best ____ /PREVENT/

measures include not smoking and wearing a mask when cleaning dusty or **mouldy** areas. Bronchitis causes a cough, ____ /SHORT/ of ____ /BREATHE/ and chest ____ /TIGHT/.

2. Read the sentences and complete only one word into each gap.

1. Most people recover ____ a common cold ____ about a week or two.
2. Pneumonia is usually caused ____ an infection.
3. People most ____ risk are older than 60.
4. Treatment depends ____ what made you sick.
5. Bacterial infection accounts ____ up to a quarter of all pneumonias.
6. If you smoke, quitting may prevent you ____ getting the disease.
7. Treatment is based ____ whether your symptoms are mild, moderate or severe.

3. Speaking



1. Describe the photos. What is the link between the photos? (dusty environment, droplet infection, pollen, dust mites, waiting room, contagious, spread)
2. What is the definition of asthma? What symptoms you expect to see?
3. Asthma affects 5-8% of the population in the UK. What is the percentage in your country? Is it increasing or decreasing? What are the causes of asthma in your country?

Defining and non-defining relative clauses

1. The woman who (that) lives next door is a doctor.
2. We chose the midwife (who, that) you recommended.
3. The patient whose kidney started to fail is slowly recovering.

1. My brother Rob, who lives in Australia, is a doctor.
2. We chose the midwife Ms Smith, who you recommended.
3. Liz, whose kidney started to fail, is slowly recovering.

1. Decide which rules apply to defining and which to non-defining relative clause.

1. It is a clause which gives extra information. Such information does not help us identify the person or thing to which the sentence relates.
2. We can use 'that, who, which,' etc.
3. 'Who/that/which' can be left out if it is the object of the relative sentence.
4. Commas are not used.
5. 'Who/what' cannot be left out even if it is the object of the relative sentence.
6. It is separated by commas.
7. 'That' cannot be used in this clause.
8. It is a clause which helps us identify the person or thing that we are talking about.

2. Complete a relative pronoun and write commas if necessary.

- a. Louis Pasteur _____ discovered the principles of vaccination died in 1895 near Paris.
- b. People _____ suffer from emphysema should give up smoking.
- c. Acute bronchitis _____ symptom is a lingering dry cough usually goes away on its own.
- d. I live in London _____ has some fantastic parks.
- e. I want some drops _____ can be used with this decongestant.
- f. Kidney transplant is a treatment _____ is given to people with renal failure.
- g. The on/off switch _____ is at the back of the machine is broken.
- h. Patients _____ have dialysis at home can get on with their lives more easily.
- i. This is the x-ray of Mr. Brown _____ I gave some pain killers.
- j. My brother _____ lives in New York caught pneumonia.

Listening: How To Cope With The Common Cold

a) Discuss with your partner:

- I. How often do you catch a cold? In which part of the year do you usually catch a cold?
- II. What are the most common cold symptoms? Which of them do you usually suffer from?
- III. What's the best treatment for a cold?

b) Listen and write down 8 steps which help you cope with a cold.

c) Listen once more and fill in the gaps.

Step 1: The earlier you catch a cold coming on, the earlier you can start helping your body to fight it _____ (1). Sneezing, a runny nose and a _____ (2) are usually the earliest presenting symptoms.

Step 2: Although we don't know why, high levels of stress seem to cause a big reduction in the immune system's _____ (3). Removing stress factors like the latest deadline will help your body to _____ (4) the cold.

Step 3: Nothing will _____ (5) your cold, but there are medicines that can help to _____ (6) your symptoms. Basic painkillers such as aspirin, paracetamol and ibuprofen can help reduce the discomfort of a _____ (7) throat, headache or high temperature. Nasal _____ (8) sprays are the best at relieving a _____ (9) nose, although are only effective for 5-7 days, after which they can actually worsen the problem. Cough medicines are less effective, but can still have some _____ (10) on chesty and dry coughs.

Step 4: Hot drinks will give instant _____ (11) to a sore throat. Making yourself very spicy food or hot soup to eat also has a calming effect on a sore or tickly throat. Inhaling steam from very hot water can help to _____ (12) a blocked nose, although be careful to avoid getting steam in your eyes. Using more pillows than normal in bed to prop up your head can also relieve _____ (13) and help you sleep.

Step 5: There is anecdotal evidence that _____ (14) such as extra Vitamin C help to _____ (15) the immune system, although it is not advised that you take large amounts of any one vitamin or herbal remedy. Check the advice on the box for recommended _____ (16) levels.

Step 6: If you are a smoker, now is a good time to _____ (17). Smoking irritates the membranes in your nose further, causing your symptoms to get worse.

Step 7: The symptoms of a cold drain your body of _____ (18). To keep your body strong enough, make sure to regularly drink fluids throughout the day.

Step 8: Although colds usually do not leave you unable to do things, they will vastly decrease your _____ (19) and energy levels. Straining yourself beyond your body's reduced limits will only make you feel worse, and _____ (20) your recovery time.