

Health and fitness vocabulary ask and tell speaking game

Choose one of the lines on the following pages and ask a question about that thing and/ or using that word, e.g. a personal question about headaches or an opinion question about homeopathy. Then flip a coin to decide if you can ask the question to anyone else (heads) or if you have to answer your own question (tails, meaning "tell"). People can then ask more questions if they like, but any follow-up questions don't have to be answered.

Possible questions about health and fitness

- Are you optimistic/ pessimistic/ worried about...?
- Do you believe in...?
- Do you have (too many/ too much/ a lot of/ any)...?
- Do you prefer... or...?
- Do you think it's true that...?
- Do you think scientists will (ever)...?
- Do you think that... is (really) good for you/ bad for you/ over-used?
- Do you think there is any such thing as (good)...?
- Do you think... helps with...?
- Do you think... is doing enough about...?
- Do you worry about...?/ Do you worry more about... or...?
- Have you ever read about/ suffered from/ tried/...?
- How common is... (in your country/ in people your age)?
- How do you feel about...?
- How effective is... (for...)?
- How important is...?
- How interested in... are...?
- How long...?
- How many...?
- How much of a problem is... (in...)?
- How much...?
- How often do you...?
- Is... important to...?
- Is... worthwhile/ worth it?
- What are the (possible) advantages/ disadvantages/ dangers of...?
- What causes...?
- What do you usually do if/ when...?
- What effect...?
- What is the (main) reason for...?
- What is the usual...?
- What would you do if...?
- What would your advice be for...?
- What's the best cure for...?
- Why is... (so) common (in...)?
- Would you recommend...?
- Would you like to...?
- Would you... if...?

Ask about any questions above you are not sure how to complete, etc, working together to make and answer suitable questions each time.

Health and fitness topic cards

(Head/ Back/ Stomach) ache	Acne/ Teenage spots/ Zits
Acupuncture	Addict/ Addiction/...oholic
Aerobics/ Aerobic exercise	Allergy/ Allergic/ Hay fever
Alternative medicine	Anti-oxidants
Bacteria/ Antibiotics	Bi-polar
(Nose) bleed/ Bleeding	(High/ Low) blood pressure
Body building	Body image (problems)
Broken/ Fracture(d)	Bruise(d)
Burn/ Scald	Calories
(Lung/ Stomach/ Bowel/ Breast) cancer	(Complex) carb(ohydrate)s/ Starch
(Bad/ High) cholesterol	Cloning
A cold/ A sniffle	Constipated/ Constipation
Cough (syrup)	Cut/ Graze/ Scratch
Dementia/ Alzheimer's	Dengue fever
(Clinically) depressed/ (Clinical) depression	Diarrhoea/ The runs
Dieting/ Slimming	Dizzy/ Dizziness



(Blood/ Organ) donor/ donation	Eating disorder/ Anorexia/ Bulimia
Eczema/ Rash	Endorphins
Epidemic/ Pandemic	(Light/ Strenuous) exercise
(Food/ Exercise) fad(s)	(Saturated/ Trans-) fat
Fever/ Temperature	(Dietary/ High) fibre
Fitness/ Keeping fit	Five a day
Flu/ Influenza	Folk cures/ Folk medicine
Generic drugs	Hangover
(National/ Private) health insurance	Health scare(s)
Heart attack/ Heart problems	Herbs/ Herbal remedies
Homeopathy	Immune system/ Immunity
Infection/ Infected	Injection/ Jab
Injure/ Injury	Insomnia/ Sleeping problems
Itch/ Itchy/ Itchiness	Jogging/ Running
Lifestyle diseases/ Diabetes	Massage/ Masseur
Medical expenses	Medical technology
Meditate/ Meditation	Menopause

Mental disease	Mental health (problems)
Mind over matter	Minerals
Moxibustion	Muscle tone/ Ripped
Nursing homes/ Nursing care	Obese/ Overweight/ Obesity
Occupational therapy	Painful/ (Lower back) pain
Painkiller	PE
Pill/ Tablet	Placebo (effect)
Plaster	Positive thinking/ Positivity
Post-natal (care/ depression)	Pregnancy/ Pregnant
(Reconstructive/ Cosmetic) plastic surgery	Nose job
Face lift	Botox (for wrinkles)
Liposuction	Eyelid surgery
Prescription (drugs)	Protein (shakes)
Psychosomatic (illnesses)	Relaxation
RSI	Running machine/ Treadmill
(MRI) scan	Shivering
Short sighted	Sit ups/ (Abdominal) crunches

Six pack/ Abs	Snore/ Snoring
Sore (feet/ throat/...)	Sports (injury)
Steroids	Stethoscope
Stiff (muscles/ shoulders)	Stimulants (caffeine, etc)
Stress(ed/ful)	Stretching/ Stretches
Sugar(y...)	Superbugs (MRMA etc)
Supplements	Surgery/ Operation
Tai chi	Tiredness/ Fatigue
Traditional (Chinese) medicine	Treating yourself
Vaccinate/ Vaccination(s)	Virus
Vitamin (tablets)	Weights/ Weight training
Whole grains/ Whole foods	Working out
X-ray	(Hot) yoga
Sprain(ed)/ Strain(ed)	Side effects

Ask about anything above that you don't understand, working together to make suitable questions each time. You don't need to answer the questions if you don't want to at this stage.

If you haven't yet, discuss (different kinds of) plastic surgery.