

Opinions on health speaking

Make a true sentence about health and fitness, for example using one of the words below. Does your partner have the same opinions, experiences, etc?

Share one opinion that you agreed on and see if anyone else in the class feels the same way.

Ask about opinions phrases in the last column that you don't understand, are not sure that you used correctly, etc, working together to make opinions on health with that language each time.

Ask about health vocabulary in the first three columns that you don't understand, are not sure that you used correctly, etc, working together to make opinions on health with that language each time.

Funding and doing medical research discussion

Discuss (public, private, academic and charity) medical research and funding of medical research as a class.

Where should (most) funding for medical research come from? Where should (most of) that money go?

What are the advantages and disadvantages of public, private, academic and charity organisations funding and doing medical research?

Is there any difference in the kinds of research that governments and NGOs should do and fund, and research that should be left to the private sector?

Read a description of a medical research non-profit and discuss:

- Would you give money to this organisation?
- Would you be happy for your government, your company, etc to give money to this organisation?
- What sort of research do you think this organisation should do?

Topics column 1	Topics column 2
<ul style="list-style-type: none"> ● Abortion(s) ● Acne/ Teenage spots/ Zits ● ADHD/ Hyperactive children ● (Medical/ Lifestyle) advice (pamphlets, blogs, podcasts, Doctor Google, etc) ● (Dietary/ Animal/ Environmental) allergies (hay fever, etc) ● Alternative therapies (acupuncture, homeopathy, moxibustion, herbalism, Ayurveda, etc) ● Anti-oxidants ● Antibacterial soaps/ materials/... ● Antibiotics ● Arthritis ● Baby boomers ● (Lower/ Upper) back pain ● Birth control/ Family planning (the pill, the coil, condoms, etc) ● (High/ Low) blood pressure ● Body image problems/ Eating disorders (anorexia, bulimia, body dysmorphia) ● Bugs/ Germs (bacteria, fungi, viruses, superbugs such as MRMA, etc) ● (Empty/ Kilo-) calories ● (Lung/ Stomach/ Bowel/ Breast/ Prostrate) cancer/ Carcinogens ● (Complex) carb(ohydrate)s (starch, sugar, etc) ● (International) (healthcare/ medical) charities/ NGOs/ NPOs/ organisations (MSF, Red Cross, WHO, etc) ● (Good/ Bad/ High/ Low) cholesterol ● (Common) cold/ Sniffle (cough, sore throat, sneezing, blocked up/ runny nose, etc) ● (Drug/ Medical) costs/ expenses/ fees/ prices ● DNA (testing)/ Gene therapy/ Stem cells ● Dementia (Alzheimer's, etc) ● Detoxing/ Juicing ● Drug regulations (FDA, etc) 	<ul style="list-style-type: none"> ● Diet/ Dieting (paleo, Atkins, calorie counting, Weight Watchers, etc) ● Digestion (constipation, diarrhoea/ the runs/ the trots, indigestion, etc) ● (Mental/ Physical) disabilities ● Dizziness ● (Blood/ Organ) donors/ donation ● (IV) drips ● (Generic/ Prescription/ Non-prescription/ Over-the-counter/ Soft/ Hard) drugs ● Drug companies/ Big pharma ● E-cigarettes/ Vaping ● Epidemics/ Pandemics ● (Light/ Strenuous/ Aerobic) exercise ● (Health) fad(s) ● (Trans/ Saturated/ Unsaturated) fats ● Fertility treatment (surrogate mothers, test tube babies, sperm donation, etc) ● (High) fever/ Temperature ● (Dietary) fibre ● First aid (first aid kits, mouth-to-mouth resuscitation, etc) ● Five a day ● Flu/ Influenza ● Folk medicine ● Hangover (cure)s ● Headaches/ Migraines ● Health scares ● Heart problems ● Hiccups/ Hiccoughs ● Hormones (endorphins, oestrogen, etc) ● Hospices/ Nursing homes ● Hypochondriacs/ Hypochondria ● Immune system (white blood cells, etc) ● Infections ● Injections/ Jabs/ Inoculation/ Vaccination(s) ● (Life/ National/ Private health/ Private medical) insurance ● Itching/ Itchiness ● Keyhole surgery ● Lifestyle diseases (diabetes, gout, blood pressure, etc)

Topics column 3	(Optional) opinions
<ul style="list-style-type: none"> ● (Medical) marihuana ● Masks ● Medical technology (X-rays, MRI, endoscopes, laser surgery, etc) ● (Randomised) (double blind) medical trials ● (Male) menopause ● Mental health problems (bi-polar, chronic depression, schizophrenia, etc) ● Metabolic syndrome ● Mind over matter ● Nutrition (protein, vitamins, minerals, etc) ● Obesity ● Outpatient care ● (Chronic/ Mild) pain relief/ Painkillers (aspirin, paracetamol, ibuprofen, opiates, etc) ● (Online) pharmacies/ chemists/ drug stores ● Plastic surgery (nose jobs, face lifts, liposuction, eyelid surgery, Botox, etc) ● Pregnancy/ Childbirth/ Maternal care (ante-natal care, caesarean, post-natal care, etc) ● Private healthcare (providers/ research/ organisations) ● Public healthcare (providers/ research/ policy) ● Radiation/ Radiotherapy ● (Funding for) (medical/ biotech/ biological) research ● RSI ● Salt/ Sodium ● Side effects ● Skin problems (rashes, eczema, etc) ● Sleeping problems (insomnia, snoring, sleep walking, sleeping tablets, sleep apnoea, etc) ● Smoking/ Tobacco/ Cigarettes ● Spiritual healing (reiki, etc) ● Sports injuries (sprains/ strains, etc) ● Steroids ● Stiff shoulders ● Stimulants ● Stress (relief) ● Surgery/ Operations ● (Psycho/ Occupational) therapy ● (Chronic) tiredness ● Traditional (Chinese) medicine ● Treating yourself ● Tropical diseases (dengue fever, malaria, etc) 	<p><i>should(n't)...</i></p> <p><i>(un)acceptable</i></p> <p><i>addictive</i></p> <p><i>all in the head</i></p> <p><i>ban</i></p> <p><i>con/ fraud/ scam</i></p> <p><i>control</i></p> <p><i>counterproductive</i></p> <p><i>crime</i></p> <p><i>crucial/ essential/ vital</i></p> <p><i>danger/ dangerous</i></p> <p><i>discredited</i></p> <p><i>exaggerated/ overblown</i></p> <p><i>fake/ sham</i></p> <p><i>good value for money</i></p> <p><i>imaginary</i></p> <p><i>(un)important</i></p> <p><i>impossible to (dis)prove</i></p> <p><i>increase</i></p> <p><i>inevitable</i></p> <p><i>legalise</i></p> <p><i>naïve</i></p> <p><i>overestimated</i></p> <p><i>overpriced</i></p> <p><i>overprescribed</i></p> <p><i>over...</i></p> <p><i>(just) the placebo effect</i></p> <p><i>pointless</i></p> <p><i>(major/ minor) problem/ issue</i></p> <p><i>(scientifically) (un/dis)proven</i></p> <p><i>pseudoscience</i></p> <p><i>psychosomatic</i></p> <p><i>quack</i></p> <p><i>(de)regulate(d)</i></p> <p><i>ridiculous</i></p> <p><i>a scandal/ scandalous</i></p> <p><i>scaremongering</i></p> <p><i>superstition</i></p> <p><i>(major) threat</i></p> <p><i>trivial</i></p> <p><i>underestimated</i></p> <p><i>under...</i></p> <p><i>understandable</i></p> <p><i>useful</i></p> <p><i>valuable/ worth...</i></p>