



Level: Beginner

Talking About Health & At the Doctor's



The English Hub

Welcome & Lesson Goals

In today's lesson, you will learn:

- Vocabulary for health and the body
- How to say how you feel
- What to say at the doctor's office
- Giving and understanding advice in English



Vocabulary: Parts of the Body

Review and repeat the vocabulary below with your tutor:

- Head
- Stomach
- Throat
- Back
- Leg
- Ear
- Nose
- Eye



“I’ve got” vs “I feel”

I’ve got → use for **things you have** (illnesses or body problems).

- “I’ve got a headache.”
- “I’ve got a sore throat.”

I feel → use for **your condition or emotions**.

- “I feel tired.”
- “I feel sick.”

Tip:

“I’ve got” = a problem in your body.

“I feel” = how your body is right now.



Vocabulary: Symptoms & Feelings

Examples of symptoms and feelings when you are unwell:

- I've got a headache
- I've got a sore throat
- I feel tired
- I feel sick
- My stomach hurts
- I'm hot / I'm cold



Grammar: “Have Got” for Illness

Structure:

- “I’ve got a cough.”
- “She’s got a headache.”
- “We’ve got sore eyes.”

Use contractions for natural speech:

- I have got → I’ve got
- She has got → She’s got

Practice 3 full examples with your tutor, creating your own sentences.



Practice: How are you feeling?

Tutor pretends they are a doctor and ask:

- “Could you tell me what’s wrong?”

Student answers:

“I’ve got a backache.”

“My leg hurts.”

Then swap and create 3 of your own dialogues with different examples.



Speaking Challenge: Symptom Swap

Tutor says:

“I feel hot.”

Student responds:

“You should drink water.”

→ Swap roles

Then, create your own sentences, building speed in advice and listening.



Reading Practice: Doctor's Appointment

Practise reading the dialogue below with your tutor:

Doctor: "What's the matter?"

Patient: "I've got a stomach-ache."

Doctor: "You should rest. Drink lots of water. If it doesn't get better by tomorrow, you can book an appointment again."

Patient: "Thank you, doctor."



Doctor Questions: Yes/No Answers

Some common questions doctors ask:

- “Do you feel sick?”
- “Does your head hurt?”
- “Have you got a fever?”

Student: Practise responding to the questions.



Vocabulary Extension: Medicine & Treatment

Review the vocabulary with your tutor:

- Medicine
- Rest
- Doctor
- Clinic
- Sleep
- Hospital
- Thermometer

Tutor reads → student repeats → apply in a sentence.



Picture Prompt: What's Happening?

Tutor describes:

- “This person is lying down. They look tired. They are coughing.”

Student says what they think:

- “Maybe she’s sick.”



Speaking Task

Imagine you are explaining your symptoms to a doctor.

Practise completing the sentences below, describing how you feel:

- “I’ve got...”
- “I feel...”
- “I think I should...”



Correction Task: What's Wrong With These?

Correct the phrases below using the correct grammar:

- “I has headache.”
- “You should to sleep.”
- “He have got a fever.”



Booking a Doctor's Appointment

How to Ask for an Appointment:

- “I’d like to make an appointment, please.”
- “Can I see the doctor on Monday?”
- “Do you have any appointments this week?”

Give Your Details:

- “My name is [Your Name].”
- “I need to see the doctor about [headache / sore throat / check-up].”
- “Morning or afternoon is fine.”

Confirm the Time:

- “What time is my appointment?”
- “I will come at 10 o’clock.”



Booking an Appointment

Task: Using the structure below, practice booking a doctor's appointment with your tutor:

1. How to Ask for an Appointment:

Example: "I'd like to make an appointment, please."

2. Give Your Details:

- "My name is..."
- "I need to see..."
- "Morning or afternoon..."

3. Confirm the Time:

"What time is...?"

