**Idioms related to health**

But first… what is an idiom?

IDIOM - a [group](https://dictionary.cambridge.org/dictionary/english/group) of words in a [fixed](https://dictionary.cambridge.org/dictionary/english/fixed) [order](https://dictionary.cambridge.org/dictionary/english/order) that has a [particular](https://dictionary.cambridge.org/dictionary/english/particular) [meaning](https://dictionary.cambridge.org/dictionary/english/meaning) that is different from the [meanings](https://dictionary.cambridge.org/dictionary/english/meaning) of each word on [its](https://dictionary.cambridge.org/dictionary/english/its) own

1. **Here are some idioms about health:**
2. Alive and kicking
3. To be back on one's feet
4. To break out in cold sweat
5. To go under the knife
6. To have one foot in the grave

**Can you match them with their definitions?**

1. To have a medical operation such as surgery.
2. To be very old/sick and thus be very close to dying.
3. To be healthy again after a period of being sick.
4. Someone who is still full of energy and is very active. Usually despite health problems or [old age](https://englishbyday.com/age-idioms/).
5. To suddenly begin to [perspire](https://englishbyday.com/sweat-idioms/), due to a strong emotion such as [fear](https://englishbyday.com/idioms-for-scared-afraid/) or anxiety.
6. **Can you fill in the gaps with the correct idiom from the list in Task 1?**
7. More and more women are choosing to ­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to improve their appearence.
8. After being sick for two weeks, Tom is finally \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
9. Even though my grandma is 80, she is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
10. After years of having cancer, she is very pale and she isn't eating much. I am afraid she has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
11. I was so nervous during my exam that I began to ­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
12. **Look at these sentences and circle all the idioms that you can find:**
13. Sorry, I leave work early today, I think I am coming down with a cold.
14. Sorry, I haven’t been around lately, it is just that I have been sick as a dog.
15. He blacked out after seeing the doctor draw blood from his brother’s arm.
16. How’s Julie? She is at home, she is feeling a bit under the weather tonight.
17. Julie said that she feels like she is living on borrowed time after being the only survivor of that car accident.
18. After being anxious for 3 weeks, Cliff was relieved to receive [a clean bill of health](https://englishbyday.com/clean-idioms/).

**Write down all of the idioms that you have found in the sentences above and try matching them with their definitions:**

1. A nice way to say someone isn’t feeling very good. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. To be very sick. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Somone who is living longer than anticipated or someone who avoided death. Usually used to refer to a person who is terminally ill or who was in a serious accident. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-
4. To start feeling ill; usually we use it when we are starting to feel sick with a cold or the flu. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. a written or an oral report that states a person is doing well physically. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. To lose consciousness. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. **Can you write a short text containing three idioms from Task 1 and three idioms form Task 3?**

**Conversation questions:**

1. When did you last break out in cold sweat and why?
2. Would you go under the knife to improve your appearance (e.g to have a plastic surgery)?
3. After abdominal surgery, how long does it usually take you to get back on your feet?
4. What do you do if you feel like you are coming down with cold?
5. Have you ever blacked out? Have you ever seen another person blacking out?
6. What do you do if you receive a clean bill of health, but you still feel ill/ feel pain?