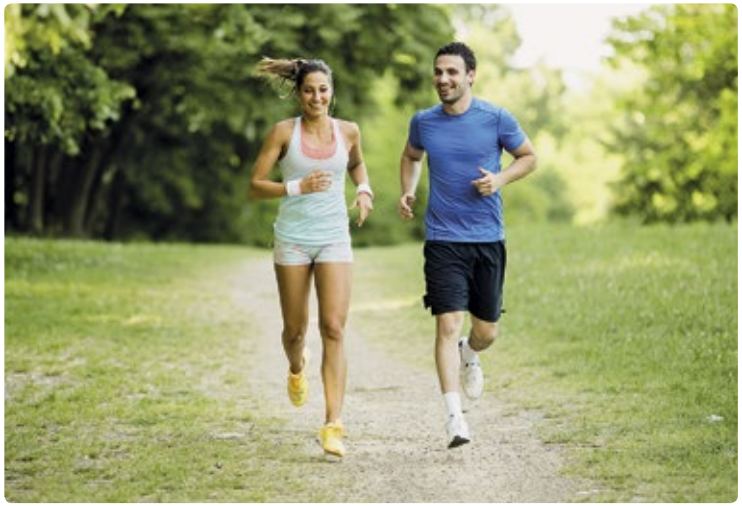





- Describe the pictures. What does each one show?
- What are the differences between the pictures?
- What do you think are the best ways to stay healthy?
- What do you personally do to keep fit?

TOPIC CARD

Health

DISCUSSION

What does health and being healthy mean to you? Give an example of irresponsible behaviour related to health.

In what ways does our society encourage and discourage healthy lifestyles and behaviour?

How do you think facing health problems can affect your everyday life/mindset?

Do you think taking care of your mind is as important as taking care of your body? Do you think positive thinking affects your health?

When seeing a doctor, nurse, therapist or other healthcare professional, what factors are the most important for you? What makes good care?

Is there a "human right to healthcare"?

JUST IMAGINE

A friend from a non-EU country is coming to live in your country. This friend has had health problems in the past and needs to understand how healthcare in your country works. Explain the basics so that your friend feels comfortable and prepared. What health insurance do they need? Do they need to register with a local doctor? Where should they go and what should they do for different health needs (check-ups, symptomatic illness, medical emergencies, etc.)? What can they expect in each situation?

DATA MINER

In 2018, the average number of healthy life years (that is, life without disability) was estimated at 64.2 years for women and 63.7 years for men in the EU.

In 2014, some 7% of the EU population reported suffering from chronic depression.

Half of EU citizens report doing no exercise, and only 16% do more than five hours per week.

From: *Health in the European Union – facts and figures*, a Eurostat publication

QUOTES

"*The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.*"

Mark Twain
writer

"*When you help make people healthier, it makes the nation healthier, it makes the world healthier, it makes the economy healthier.*"

Shonda Rhimes
TV producer

"*When you are brave and quiet, I forget you are suffering.*"

Ernest Hemingway
writer

WORD BANK

to have a temperature/fever / to have a runny nose / cough / sore throat / to be short of breath / to have a headache / stomach ache / bellyache / upset stomach / diarrhoea / earache / sore eyes / rash / cold / flu / to feel sick / to have nausea / to vomit / to throw up / to be overweight / to break a bone / to sprain your ankle / to suffer from high/low blood pressure / to feel dizzy / to faint / to be allergic to pollen, dust, etc. / to have cancer / pneumonia / heart disease / diabetes / asthma / to scratch / to cut / to wound / to infect / mental health / depression / anxiety / health insurance / prescription / doctor's surgery (*BrE*), doctor's office (*AmE*) / waiting room / general practitioner (GP) / nurse / surgeon / dentist / psychiatrist / therapist / A&E (accident & emergency) (*BrE*), ER (emergency room) (*AmE*) / intensive care / hospital ward / painkiller / pills / cough medicine / eye drops / ointment / plaster (*BrE*), Band-Aid (*AmE*) / bandage / to stitch / to put (a broken arm, leg, etc.) in plaster / to get an injection / to get a shot / vaccination / to get vaccinated / to have an X-ray / to go for a check-up