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Real Listening & Speaking

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1st class(4th lecture)

Have you got a headache?

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Unit 6

Have you got a headache?

Get ready to listen and speak

How are these people feeling? Match the pictures to the expressions.

1. I've got a terrible headache.
2. My throat is really sore.
3. I can't stop sneezing.
4. I've got a temperature.
5. I've got a bad cough.
6. I've got sore eyes.
7. I've got a swollen knee.



When we have an illness, we talk about our symptoms, e.g. sneezing is a symptom of a cold.

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A Listening - At the chemist's

Chu Hua thinks she has the flu so she goes to the chemist.

1 Listen to the conversation. What symptoms does she have?

- a
- b
- c

2 Look at these instructions for different medicines. Listen again and complete the gaps.

Did you know ...?

Chemist and pharmacy are used in British English but drogerie is used in American English.



Have you got a headache

(Chu Hua = Chinese)

Pharmacist: Hello.

Chu Hua: Hi, um I think I've got the flu. Could you, um, could you give me something for it?

Pharmacist: OK um ... what are your symptoms?

Chu Hua: Well...

Pharmacist: Have you got a headache, sore throat, temperature? Are you coughing?

Chu Hua: Yeah, I can't stop coughing at night.

Pharmacist: OK ... ah ... How long have you had the cough?

Chu Hua: Oh erm ... um a couple of days now. And I have a headache too.

Pharmacist: Do you take any other medicine?

Chu Hua: No.

Pharmacist: OK. Um ... this is cough mixture. It will stop the cough. The most important thing is ... take two spoonfuls three or four times a day. Don't take it just when you've got a cough because then it takes a little while to work. You need to take it before you cough ... Um ... or if you don't want to take medicine, then

there is a lozenge you can have. Take two. Have one and then as soon as you finish, take another one. One after the other.

Chu Hua: Can I take both the lozenges and the cough mixture?

Pharmacist: No, no. You must take one or the other. You can have the cough mixture at night time and carry the lozenges in your bag during the day. If you're going to the movies, and you think that cough's going to annoy people, you can have some lozenges. They soothe your throat, because sometimes if your throat's dry, you cough. So that will help there.

Chu Hua: Um, and what about my headache?

Pharmacist: You should take paracetamol for your headache. It's gentle on the stomach and it's safe to take. And ... er take two of those every four hours. Maximum of eight in 24 hours. You

mustn't take more than that.

Chu Hua: OK. And what about my eyes? They're really sore. Is there anything I can take for them?

Pharmacist: Yes, try these eye drops. Squeeze one or two drops into each eye twice a day.

Chu Hua: OK. And how long do I take this medicine for?

Pharmacist: About ten days. You shouldn't take it for longer than that. OK, and remember to take multivitamins too.

This is a conversation between Chu Hua (a patient) and Pharmacist.

Aim of the Conversation:

1. The aim of this conversation is for students to learn how to discuss symptoms and receive advice from a pharmacist about treating common illnesses. The conversation focuses on:
2. Identifying Symptoms: Chu Hua describes her symptoms (cough, headache, sore eyes) and the pharmacist helps identify what medication or treatment might be necessary.
3. Understanding Medication: Students will learn how to ask about the dosage and use of different medications (e.g., cough mixture, lozenges, paracetamol, eye drops).
4. Clarifying Instructions: The pharmacist provides specific instructions on how to use the medications (e.g., when to take the cough mixture, the maximum dose of paracetamol).
5. Offering Alternatives: The pharmacist offers alternatives, like lozenges, if Chu Hua doesn't want to take medicine or if she needs something for her throat while out.
6. Seeking Further Information: Chu Hua asks follow-up questions to clarify how to use the medication properly, which is a useful skill for students in medical or everyday situations.

Conclusion of the Conversation:

- The conclusion of the conversation happens when the pharmacist gives clear instructions about how long to take the medicine (about ten days) and reminds Chu Hua to take multivitamins for overall health.
- Pharmacist: "You shouldn't take it for longer than that. OK, and remember to take multivitamins too."
- Chu Hua: Acknowledges and likely thanks the pharmacist.
- The conversation ends with Chu Hua having all the necessary information about the medications she needs to take, along with the correct dosages and duration.
- Benefits of Learning This Conversation:
- Practical Application: This conversation is highly practical because it mimics a common real-world situation that many people will experience — visiting a pharmacist for advice and medication.

- Improving Medical Vocabulary: Students can learn medical terms related to common ailments (flu, cough, sore throat, headache) and how to ask and answer questions about symptoms and medications.
- Understanding Dosage Instructions: It's important for students to understand how to follow instructions for taking medicine. The pharmacist's explanation of when and how to take different medicines is key.
- Building Confidence in Health-Related Situations: By practicing conversations like this one, students will feel more comfortable discussing their health in English, whether in a pharmacy, doctor's office, or with a healthcare professional.
- Polite and Clear Communication: The conversation also demonstrates how to communicate politely and clearly when discussing health concerns. Chu Hua asks questions, and the pharmacist provides detailed instructions, both of which are important skills in everyday communication.

Language Points to Focus On:

Describing Symptoms:

"I think I've got the flu."

"I can't stop coughing."

"My eyes are really sore."

○ Discussion Questions:

- For Students: Have you ever visited a pharmacist? What did you ask about? How did the pharmacist help you?
- For Practice: Role-play this conversation. One student can act as Chu Hua, and the other as the pharmacist. Afterward, switch roles.
- Comprehension: What should Chu Hua do if she still has a headache after taking paracetamol? How should she take her eye drops?
- This type of conversation helps students become more comfortable in medical situations, which is a very practical skill.

C Listening - Home remedies

1 When people are not feeling well, they sometimes use home remedies. Match each picture to the correct ingredient.

1 honey 2 garlic 3 Chinese radish 4 herbal tea 5 lemon



2 Listen to three people from Saudi Arabia, Japan and Brazil talk about home remedies. Tick ✓ the ingredients each person talks about.

	Chinese radish	garlic	camomile	honey	lemon
a Ali			✓		
b Seiji					
c Ana					

3 Listen again and put one word in each gap.



Ali:

In Saudi Arabia what you do if you have the ^a flu is you drink babounj. It's a kind of hot drink. It's made with camomile, which is a herb. You drink it very ^b and you sometimes have it with lots of ^c. You get vitamin C from that.

Seiji:

In Japan if you have a ^d we use daikon, a Chinese radish. It's a bit like a large white ^e. We grind the Chinese radish and put honey on it and leave it for a while. Then we wait until the ^f comes out and then we ^g it.



Ana:

In Brazil if you're not well, you've got a cold or flu or something like that, well garlic is really important. You have a glass of ^h and you put a little garlic in it and mix it together. Every ⁱ you drink ^j or ^k spoonfuls of the liquid. I don't know if it works but we try it.



D Speaking - Home remedies

Speaking strategy

Describing what something is

1 Look at C Listening Exercise 3. How do the speakers describe what something is? Complete the expressions below.

- a It's a _____ of hot drink.
- b It's made with camomile, _____ is a herb.
- c It's a bit _____, a large white carrot.

2 Seiji says We use daikon, a Chinese radish. Is it also correct to say We use daikon, which is a Chinese radish?

YES / NO

Speak up!

3 Here are some other things people use when they don't feel well. Match the ingredients in A to a description in B.

A	B
ginger	small orange
hot lemon juice	cream
mandarins	drink
vapour rub	herb

Class bonus

Discuss these questions in groups. In your country, how popular are home remedies? Is modern medicine more popular? Do you prefer to use home remedies or modern medicine? Why?

4 Describe the ingredients in A using the expressions in Speaking strategy. Use these verbs to help you.

eat (2) make use

You say: You should eat some ginger. It's a bit like a herb.

5 Explain a home remedy from your country. Use the expressions in Speaking strategy to help you describe the ingredients.

Extra practice

If you are in an English-speaking country, go to the chemist's and ask them about home remedies. Are they popular?

Can-do checklist

Tick what you can do.

I can understand medicine instructions.

I can give instructions and advice.

I can explain what something is.

Can do

Need more practice

