



At the end of the lesson, the student will be able to:

* share their ideas on the importance of taking good care of one's health; discuss the effectiveness of alternative medicine and consulting a doctor.



Dialogue

A: I haven't seen your father **in ages**. How is he doing?

B: He's not doing too well.

A: Why? What's wrong?

B: About a year ago, he started feeling weak all the time.

A: Is it due to old age or is he **pale**.

B: Maybe a little of both. The doctor's can't **point out** anything specifically. I think it is because he didn't take care of himself during his youth.

A: That **makes sense**. It's important to take care of your health early in life.

B: That's what my father tells me almost everyday.

A: Well, I hope he starts feeling better. Say hi to him for me.

B: Thanks. I'll let him know.



Vocabulary



pale

Let's Talk



1. When you start to feel a bit bad, do you see your doctor immediately or you tend to self-medicate?
2. Though people know that unhealthy lifestyle is harmful, why do you think they keep on doing it?
3. Have you tried alternative medicine? What can you say about it?
4. What other traditional medicine do you use? Are they effective?
5. Nowadays, seeing a doctor for consultation is very costly. Do you prefer going to the doctor or would you rather self-medicate?
6. Do you think self-medication is safe? Why and why not?