

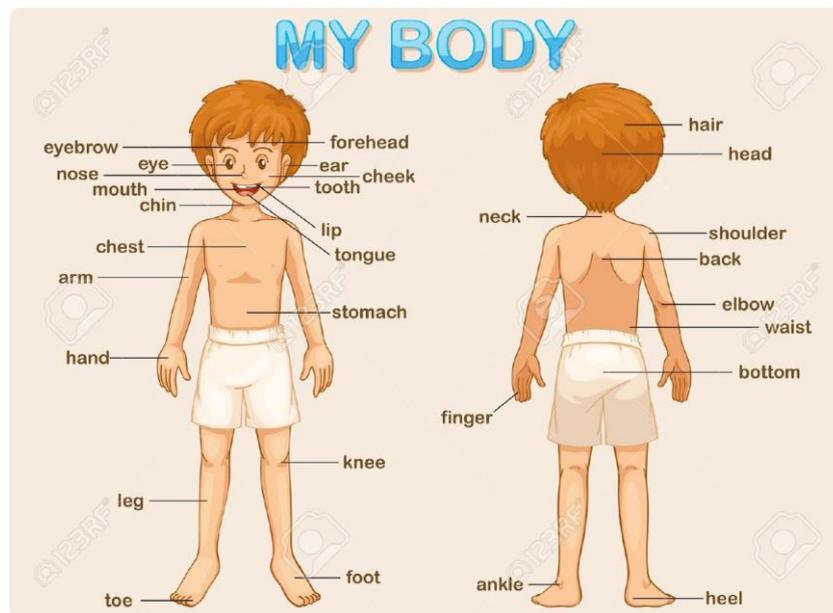
**Unit 13**

**Title: Health and Comparatives**

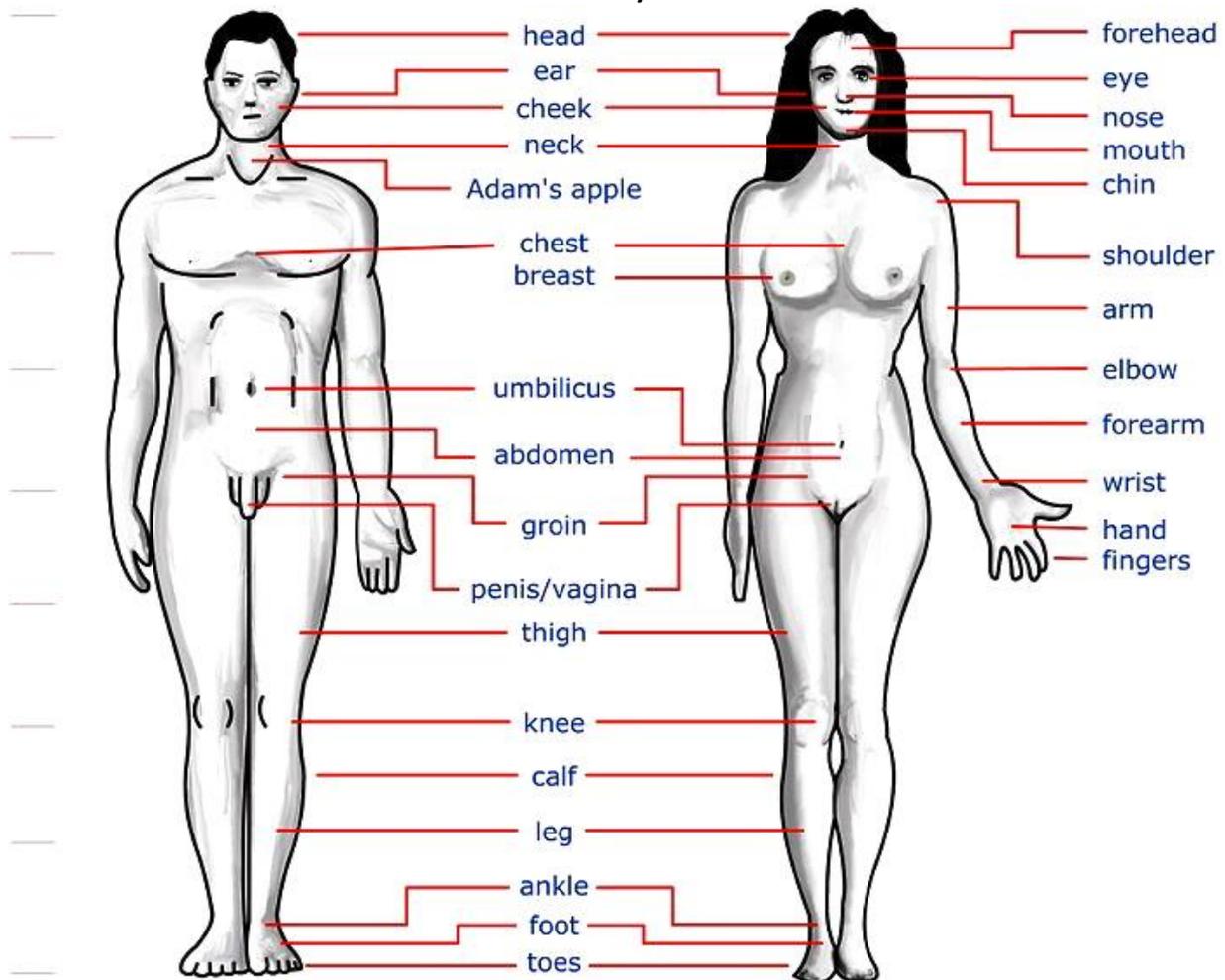
**VOCABULARY, TERMS & PHRASES**

English		English	
have a cold		feel dizzy	
feel cold		sick	
headache		feel faint	
healthy mind and body		toothache	
		my leg hurts	

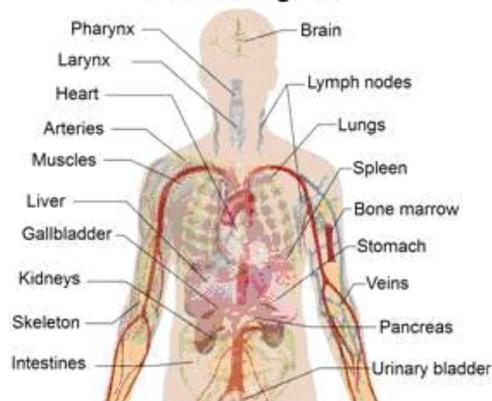
**Parts of the body**



## More Body Words



## Internal organs



Saying how you feel and visiting the doctors:

BBC Link: [http://www.bbc.co.uk/worldservice/learningenglish/radio/specials/1655\\_how\\_to\\_ask/page7.shtml](http://www.bbc.co.uk/worldservice/learningenglish/radio/specials/1655_how_to_ask/page7.shtml)

I feel sick.  
I am sick.  
I am feeling sick.

**Doctors' opening questions**

What seems to be the problem?  
 How can I help today?  
 So, I gather you're not feeling well?  
 What can I do for you, Mr Archer?

**Symptoms we need to speak about**

Where is the pain?  
 Where does it hurt?  
 Have you had a temperature?  
 Have you had a fever?  
 Do you feel hot and cold?  
 Any difficulty with eating?  
 Is it worse after you eat?

**Making Excuses – saying how you feel....****Questions – suggestions**

Let's go to the pub....  
 Let's go to the match....  
 How about going for a meal?  
 How about going for a walk in the park?  
 Would you like to go to the movies?  
 Would you like to go for a meal?

**Refusing**

I'm sorry but I'm not feeling good right now.  
 I'm sorry but... my throat hurts / I feel ....

a cold	my shoulder..	feel faint	have toothache	a stiff neck
a sore throat	hot	a runny nose	a cough	foot
stomachache	a temperature			

**Adverbs**

I can speak Welsh.  
 How well can you speak Welsh?

I can speak Welsh fluently.

Check this out: <http://www.bbc.co.uk/skillswise/topic/adverbs>

Now take a look at this:

<http://learnenglish.britishcouncil.org/en/english-grammar/adverbials/adverbs-manner>

Let's look at these and say things about people we know.....

adjectives - adverbs					verbs				
fluent - fluently	sensible - sensibly	accurate - accurately	noisy - noisily	safe - safely	speak	write	sing	read	run
careful - carefully	quick - quickly	quiet - quietly	easy - easily	beautiful - beautifully	swim	play	act	box	talk
happy - happily	good - well	confident - confidently			calculate	dance	drive		

### MEALS and MEAL TIMES in UK

Some people have their biggest meal in the middle of the day and some have it in the evening, but most people today have a small mid-day meal - usually sandwiches, and perhaps some crisps and some fruit.

#### We have three main meals a day:

- **Breakfast** - between 7:00 and 9:00,
- **Lunch** - between 12:00 and 1:30 p.m.
- **Dinner** (sometimes called Supper) - The main meal. Eaten anytime between 6:30 and 8:00 p.m. (Evening meal)

#### Traditionally, and for some people still, the meals are called:

- **Breakfast** - between 7:00 and 9:00,
- **Dinner** (The main meal) - between 12:00 and 1:30 p.m.
- **Tea** - anywhere from 5:30 at night to 6:30 p.m.

On Sundays the main meal of the day is often eaten at midday instead of in the evening. This meal usually is a Roast Dinner consisting of a roast meat, Yorkshire pudding and two kinds of vegetables.

### BREAKFAST

#### What is a typical English Breakfast?

Most people around the world seem to think a typical English breakfast consists of eggs, bacon, sausages, fried bread, mushrooms and baked beans all washed down with a cup of coffee. Now-a-days, however, a typical English breakfast is more likely to be a **bowl of cereals**, a **slice of toast**, **orange juice** and a **cup of coffee**.



Many people, especially children, in England will eat a bowl of cereal. They are made with different grains such as corn, wheat, oats etc.

In the winter many people will eat "porridge" or boiled oats.

#### The Traditional English Breakfast



**The traditional English breakfast** consists of eggs, bacon, sausages, fried bread, baked beans and mushrooms. Even though not many people will eat this for breakfast today, it is always served in hotels and guest houses around Britain.

**The traditional English breakfast is called the 'Full English' and sometimes referred to as 'The Full English Fry-up'.**

## LUNCH

### **What is a typical English lunch?**

Many children at school and adults at work will have a 'packed lunch'. This typically consists of a sandwich, a packet of crisps, a piece of fruit and a drink. The 'packed lunch' is kept in a plastic container.



Sandwiches are also known as a 'butty' or 'sarnie' in some parts of the UK.

My favourite sandwich is prawn and mayonnaise. I also love tuna and mayonnaise and ham and pickle sandwiches.

[See a sample menu of food served in pubs](#)

[Sample menu of food served for School Dinners](#)

## DINNER

The evening meal is usually called 'tea', 'dinner' or 'supper'.

### **What is a traditional English Dinner?**

A typical British meal for dinner is meat and "two veg". We put hot brown gravy, traditionally made from the juices of the roast meat (but more often today from a packet!) on the meat and usually the vegetables. One of the vegetables is almost always potatoes.

This traditional meal is rarely eaten nowadays, a recent survey found that most people in Britain eat curry! Rice or pasta are now favoured as the 'British Dinner'.

Vegetables grown in England, like potatoes, carrots, peas, cabbages and onions, are still very popular. We can also buy vegetables from many countries all through the year

### **The Sunday Roast Dinner**

Sunday lunch time is a typical time to eat the traditional Sunday Roast. Traditionally it consists of roast meat, (cooked in the oven for about two hours), two different kinds of vegetables and potatoes with a Yorkshire pudding. The most common joints are beef, lamb or pork; chicken is also popular.



Beef is eaten with hot white horseradish sauce, pork with sweet apple sauce and lamb with green mint sauce. Gravy is poured over the meat.

### Answer these questions:

How many meals a day do the British usually have?

What's a traditional English breakfast?

What do people generally have for lunch?

### Comparatives

Do you think (that) in your country.....

breakfast is smaller or.....	than in Britain
people have lunch earlier or later ....	
lunch is lighter or .....	
dinner is bigger or ....	
home cooking is better or ....	
most people are fatter or....	
it is easier to buy the food you want or....	
food is cheaper or ....	
restaurants are more expensive or....	

## Tasks:

1. Use the new vocabulary in sentences or write your own story.
2. Write about what is good for a healthy mind and body.
3. Tell me about the eating habits in your country.

## Appendix for PC Diagnostics

### 10 ways to diagnose ailing PCs: Step by step

By [Jack Wallen](#) in [10 Things](#), September 30, 2011, 2:10 AM PST //

Taking a systematic approach to troubleshooting PC issues will save you time and frustration and get your clients back to work more quickly.

It's a given: PCs go south and do so often. Whether it's hardware, software, or user error, there will always be something in the way of that PC running smoothly. Problem is, there are so many things that can go wrong, it's often difficult to know where to start to simply discover the problem.

I do a lot of remote support, so I've had to learn many ways to troubleshoot a sick PC without the luxury of being in front of the patient. Of course, there are countless routes to take with this process, but I thought I'd share the steps I like to follow. These are not your standard "Run your antivirus" or "Defrag the drive" approaches, either. This is the method I follow from the beginning of the phone call to the client.

#### **1: Describe the problem**

The first thing I have the client do is describe the problem. Before jumping onto the PC, I gather as much information as possible. This means having the client describe what is happening, when it started happening, and whether there was any particular incident that coincided with the problem starting. Many times, this information gathering will lead you directly to the solution. Sometimes, the information gathering will lead you to realize a reboot is all that is necessary to solve the problem.

#### **2: Define the affected subsystem**

There are instances when a problem is isolated to a specific subsystem of a machine -- such as printing. Although you might think this a no-brainer, many end users will call saying, "My computer isn't working," when in reality what they mean is, "My printer isn't printing." In some cases, multiple subsystems might be affected, such as printing and mapped network drives... you can see where this is leading. If multiple subsystems are having issues, the combination of those will often lead you directly to a solution.

#### **3: Is it hardware or software?**

If a client describes an issue such as a slow PC, one of the first things I do is check out the hardware. Is there enough RAM? Is there enough free space on the C drive? And if the problem is network related, are the lights on the network card blinking, on, or dark? If these don't highlight an issue, don't immediately assume the issue is

software related --there could be hard drive issues. But before you dig deeper into hardware issues, this would be a good jumping point for software. If nothing becomes apparent after you've investigated software issues, come back to hardware and do a drive test or defrag.

#### **4: Diagnose printing woes**

Printers can be tricky. But there are ways to make this troubleshooting job a bit easier. First, find out what type of printer you are dealing with. If the printer is a networked printer, make sure the network is actually up. If it is, ask whether other machines can print to the printer in question. If they can, check to see whether any jobs are stuck in the machine's printer queue. If you open up the Printers And Devices window and the printer is not listed, find out if it just recently disappeared. If it did, the driver most likely is corrupt and will need to be removed from within Regedit. If the printer is still listed and no jobs are in the queue, have the client restart the machine and then try to print. A good restart will cure a host of woes in Windows.

#### **5: Deal with networking trauma**

Can the client see the internal servers? If not, can they open their browser and see google.com? If not, this becomes a challenge, as you can't easily do remote troubleshooting. But never fear, help is near. I start by walking the client through rebooting the machine and starting in safe mode. Usually, if there isn't an actual hardware issue, safe mode will circumvent the *nasties* that are keeping the machine from getting online. Once in safe mode, let the fun begin!

Of course, if no one can get online, the first thing to be done is power cycling the router/modem/switch hardware. If that fails, there is always DNS to troubleshoot. But that gets beyond standard triage (as it will often lead you away from the client machine and to a DNS server issue).

#### **6: Resolve login issues**

How often do you get this one: "Where's my password?" A client calls in to say they can't log into their computer. Have they forgotten their password? Is the machine on a domain? If it's on a domain, is the machine online? There are so many problems with this one, it's hard to know where to start. But here's the first thing you should do: If the client is on a domain and you have access to their Active Directory server, try to log onto that server with their credentials. If you can do that, the issue has been narrowed down to either their network connection or the manner in which they are logging in. If they are to be logging in to a domain, make sure they are doing so at their computer and not logging in to the local machine.

#### **7: Troubleshoot specific software**

Sometimes, it will boil down to a single piece of software that's giving the user fits. This, in turn, can give the support technician fits (especially if it's a niche piece of software). The first thing I would do is double-check to make sure the issue is, in fact, isolated to one particular piece of software. If the problem is network related and all other applications can get online, the issue is most likely isolated to that one piece of software. If so, and the software depends upon a network connection, make sure neither the firewall nor the antivirus software has started blocking the software from getting packets in or out. When I discover the problem is isolated to a single piece of software, often a repair install will solve the issue.

#### **8: Look for virus issues**

I find that 50 percent of support calls wind up being viruses. Since viruses cause all sorts of differing behavior, how can you quickly determine whether the issue is a virus? I know support techs who have spent hours trying to track down a virus on a machine that wasn't actually infected. There are a few questions I like to ask. The first is "What

behavior is your computer displaying that makes you believe it has a virus?" The answer to that question will dictate where you go from there. Other questions to ask are:

- Did your computer recently show signs of drastic slowdown?
- Are strange or unwanted popup windows appearing at random times?
- Were you recently on a Web site you don't normally visit?
- Did someone else use your machine?
- Did you recently open an email attachment?
- Has a strange security window recently started popping up?

The above questions will help guide you in the right direction to help cure a possibly infected PC.

### **9: Ask for a demonstration**

If a discussion about the issue brings up nothing and you can remote into the user's PC, it will do you a world of good to see the problem in action. This is especially true when the issue is unique to a client's PC, network, or software. Although the majority of issues can be figured out from description, some issues simply need to be viewed in action. Have the client reproduce the error for you. Make sure the error happens in the same way every time. With this visual reproduction, you will have confirmation that there *is* an issue, and you'll have a definitive place with which to start your troubleshooting.

### **10: Use your tools**

When all else fails, you have that outstanding collection of tools you can use to throw at a machine. When this is the case, I tend to start with the most innocuous software, such as Malwarebytes, and then go up from there. This is a good time to run those hard drive diagnostic tools (should the issue possibly point toward a faulty or degraded drive). This is the kitchen sink approach and can sometimes lead to more issues. But when you've gone down every rabbit hole you can think of, it might be your best shot.

### **Other steps?**

As I said, there are many ways to approach troubleshooting a problem. I have found the procedure described above to work well for me, as a remote support engineer. What about you? What methods do you typically employ for troubleshooting, either remote or local?

### **More on troubleshooting**

- [Five tips for faster remote network troubleshooting](#)
- [Five tips for remotely administering desktops](#)
- [10 tenets that will help remote support techs succeed \(and stay sane\)](#)
- [Five tips for reducing the stress of user support calls](#)
- [10 tips for remotely administering workstations](#)



### **About Jack Wallen**

Jack Wallen is an award-winning writer for TechRepublic and Linux.com. He's an avid promoter of open source and the voice of The Android Expert. For more news about Jack Wallen, visit his website [getjackd.net](http://getjackd.net).