# Allergies





## This week...

Felix is suffering from itchy eyes, a runny nose and he has been sneezing a lot recently. He is talking to Monica about it.

## **Lesson Targets**

- Allergy symptoms
- Ways to alleviate symptoms

### **Daily English Conversation**



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## Warm Up – Topic Question





## Do you suffer from any allergies?



## **Picture Description**













\* Choose the most appropriate meaning of the word from the four options.





- 1. suffer
- □ soothe
- diminish
- agonize
- □ abate
- 4. get rid of
- □ ditch
- □ bear
- □ fetch

□ secure

- 2. prevalent
- □ abnormal
- □ isolated
- □ scarce
- widespread
- 5. during
- □ beyond
- beneath
- skyward
- □ throughout

- 3. seasonal
- perpetual
- □ periodic
- permanent
- continual
- 6. alleviate
- □ intensify
- □ irritate
- 🗆 deaden
- aggravate









Felix	Hey, Monica. You work as an intern in a hospital, right?	
Monica	That's right. Why do you ask?	
Felix	I've been suffering with itchy eyes, a runny nose and I can't stop sneezing recently. Any idea what it could be?	
Monica	I'm pretty sure you have hay fever. It is quite prevalent at this time of year.	
Felix	I thought people only got hay fever in the springtime.	
Monica	Most people associate it with spring, but seasonal allergies can also spike during the autumn months. Not only hay fever, but other allergies as well.	
Felix	I didn't know that! Do you have any ideas on how I can get rid of the symptoms?	
Monica	Drop by the hospital I work at tomorrow and I will introduce you to my friend who is a doctor. He will take care of you.	
Felix	Thanks, Monica.	

Allergies

#### **Role Play – Allergies**





Student A is describing some symptoms that he/she has been suffering from lately and it sounds like an allergy. Student B is giving some advice on how to alleviate the symptoms.

#### **Key Phrases**

- I've been suffering with ....
- Do you have any ideas on how I can get rid of the symptoms?
- I appreciate the advice.
- I'm pretty sure you have ....
- It's quite prevalent at this time of year.
- I suggest you ....
- Other

#### Symptoms

- sneezing
- itchy eyes
- runny nose
- blocked nose
- sore throat
- other

#### Advice

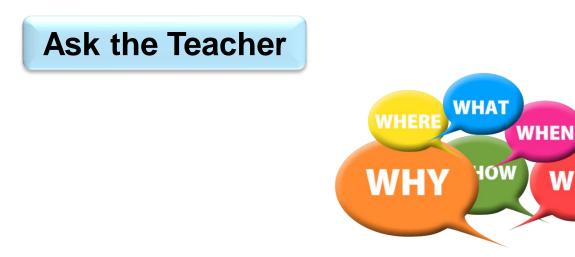
- wear a mask
- eat healthy
- drink plenty of fluids
- clean your house
- consider acupuncture
- other

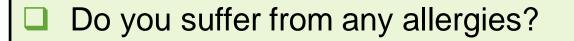
### **Conversation Corner**





- What do you think would be the worst allergy to have?
- What things do you think work well to alleviate the symptoms of allergies?
  - Do you think OTC medicine is effective for allergies?





What do you think would be the worst allergy to have?

**WHO** 

(Ask a different question related to the topic)

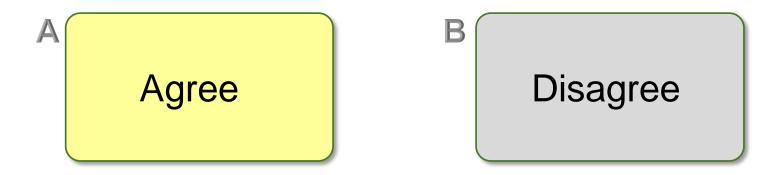








Going to the doctor to get prescription medicine is the best way to alleviate allergy symptoms.



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