

Health and exercise generalisations and recommendations

Health vocabulary/ Useful language for writing reports/ Hedging language

Objective Proficiency Unit 14

Use phrases like those below to explain people's attitudes to, actions related to etc on environment issues, making sure that you use the right level of phrase. Note that the phrases are not in order below. Does your partner agree?

| | | | |
|--|---|--|--|
| <ul style="list-style-type: none"> ● According to ● Amongst people I know ● In my experience ● I get the feeling that ● (From discussions I've had on the subject) I have formed the impression that ● A survey has shown that ● It wouldn't surprise me if | <ul style="list-style-type: none"> ● (absolutely) all ● a considerable number of/ a substantial number of people ● a small minority of ● a substantial minority of ● a tiny minority of ● almost all ● almost no ● many people/ a large number of people ● most people ● not many/ few ● practically all ● practically no ● quite a lot of/ a fairly large number of ● the vast majority of ● very few ● very nearly all ● virtually all ● virtually no | <ul style="list-style-type: none"> ● activists ● baby boomers ● civil servants ● companies ● doctors ● experts ● Generation X ● middle-aged people ● midwives ● millennials ● nurses ● people in developed countries ● people in developing countries ● people in East Asia ● people in this city ● people in this country ● politicians ● researchers ● retired people ● rich people ● students ● teachers ● teenagers ● the middle class ● the upper middle class ● voters ● young children ● young people | <ul style="list-style-type: none"> ● almost ● always ● almost never ● always/ without fail ● hardly ever ● occasionally ● often/ frequently ● seldom/ rarely ● usually/ generally |
|--|---|--|--|

| | | |
|---|---|---|
| <ul style="list-style-type: none"> ● accept ● are (un)informed about ● are concerned/ worried about ● are confused by ● are considering ● are cutting down ● are (well) informed about ● are interested in ● are sceptical about ● aren't... ● believe ● buy ● can afford ● can't... ● consider ● discuss ● don't... ● expect ● go to ● have opinions on ● ignore ● know about ● listen to/ watch ● look into ● misunderstand ● panic about ● pay attention to ● prioritise ● read ● realise ● spend money on ● support ● think about ● trust... on ● try to... ● understand ● use ● visit ● vote for ● wonder about ● would(n't)... | <ul style="list-style-type: none"> ● (chronic) tiredness ● (chronic/ intensive/ low-level/ persistent) pain ● (complex) carbohydrates ● (lung/ breast/ skin) cancer ● (male) menopause ● (Zika) virus ● aerobic exercise ● allergies ● alternative therapies (moxibustion, acupuncture, homeopathy, etc) ● antibiotic(s) (resistance) ● anti-oxidants ● assisted suicide/ euthanasia/ right to die ● bacteria ● birth control ● blood donation ● calories ● cholesterol ● cloning ● DNA testing ● diarrhoea ● digestion ● endorphins ● epidemics/ pandemics ● (rigorous) exercise ● exercise fads ● (dietary) fibre ● fitness/ keeping fit ● folk medicine ● gene therapy/ stem cells ● generic drugs ● health scares ● heart attack ● herbal remedies (Chinese medicine etc) ● hormones ● hospice care ● immune system ● insomnia ● jogging/ running ● lifestyle diseases (diabetes, gout, blood pressure, etc) | <ul style="list-style-type: none"> ● light exercise ● medical expenses ● medical technology (scans, endoscopes, lasers, etc) ● medical use of marihuana ● mental health ● mind over matter ● muscle (tone/ definition) ● nursing homes ● opiates ● organ donation ● outpatient care ● over-the-counter medicines ● painkiller (addiction) ● PE ● pharmaceutical companies ● placebos ● post-natal care ● pregnancy/ ante-natal care ● prescription drug addictions ● prescription drugs ● protein ● psychosomatic illnesses ● quacks ● relaxation ● running machine/ treadmill ● saturated fats ● six pack ● sleeping tablets ● snoring ● sporting injuries ● steroids ● stimulants ● stress ● stretching ● superbugs (MRMA etc) ● supplements (vitamins etc) ● surgery/ operations ● tai chi ● trans fats ● treating yourself ● vaccinations ● weights/ weight training ● what doesn't kill you... ● whole foods |
|---|---|---|

Ask about anything above you don't understand, making generalisations each time.

Health and fitness recommendations

Give advice on how people's health and fitness could be improved, by:

- consumers/ patients/ the general public
- the government
- international organisations
- (pharmaceutical) companies
- hospitals/ healthcare professionals
- etc

using the right level of strength of language each time. Make sure that the phrases below are not in order.

| | | |
|--|--|--|
| <ul style="list-style-type: none"> ● Although it depends on your situation ● For most people... ● In this country ● In the short term ● In the medium term ● As soon as possible ● Over the long term | <ul style="list-style-type: none"> ● ... could possibly... ● ... could... ● ... must make sure to... ● ... needs to... ● ... ought to... ● ... would be effective. ● ... would benefit from... ● ... would probably work. ● ...have no choice but to... ● By far the best option is... ● I would recommend... ● I would suggest... ● I'd advise... ● It can't hurt to... ● It is necessary to... ● It is worth considering... ● It is worth... ● It might be a good idea to... ● It might be useful to... ● It might be worth considering... ● My (main) recommendation would be... ● My (main) suggestion would be... ● My advice would be to... | <ul style="list-style-type: none"> ● accept ● attempt to ● ban/ forbid ● be sceptical about ● build more ● buy ● consider ● control ● cut (down on) ● decrease ● do something about ● find an alternative for ● find out ● fund ● ignore ● increase ● invest money in ● listen to ● look into ● monitor ● pay attention to ● prioritise ● read ● research ● spend money on ● stop ● support ● take an interest in ● think about ● trust... on ● try to ● use ● visit ● vote for ● watch ● worry (more) about |
|--|--|--|

Generalising and giving advice language presentation

- (absolutely) all



- virtually no

- always/ without fail



- almost never

Mixed answers

- (absolutely) all
- a considerable number of
- a fairly large number of
- a large number of people
- a small minority of
- a substantial minority of
- a substantial number of people
- a tiny minority of
- almost all
- almost no
- many people
- most people
- not many/ few
- practically all
- practically no
- quite a lot of
- the vast majority of
- very few
- very nearly all
- virtually all
- virtually no

- almost always
- almost never
- always
- frequently
- generally
- hardly ever
- occasionally
- often
- rarely
- seldom
- usually
- without fail

- ... could possibly...
- ... could...
- ... must make sure to...
- ... needs to...
- ... ought to...
- ... would be effective.
- ... would benefit from...
- ... would probably work.
- ...have no choice but to...
- By far the best option is...
- I would recommend...
- I would suggest...
- I'd advise...
- It can't hurt to...
- It is necessary to...
- It is worth considering...
- It is worth...
- It might be a good idea to...
- It might be useful to...
- It might be worth considering...
- My (main) recommendation would be...
- My (main) suggestion would be...
- My advice would be to...

Suggested answers

- (absolutely) all
- virtually all
- practically all
- very nearly all
- almost all
- the vast majority of
- most people
- many people/ a large number of people
- a considerable number of/ a substantial number of people
- quite a lot of/ a fairly large number of
- a substantial minority of
- not many/ few
- a small minority of
- very few
- a tiny minority of
- almost no
- practically no
- virtually no

- always/ without fail
- almost always
- usually/ generally
- often/ frequently
- occasionally
- seldom/ rarely
- hardly ever
- almost never

- ...have no choice but to...
- By far the best option is...
- ... must make sure to...
- ... needs to.../ It is necessary to...
- I would recommend.../ My (main) recommendation would be.../ My (main) suggestion would be.../ My advice would be to.../ It is worth.../ I would suggest.../ I'd advise.../ ... would be effective./ ... would benefit from.../ ... ought to...
- ... would probably work.
- It might be a good idea to.../ It might be useful to...
- ... could...
- ... could possibly...
- It can't hurt to...
- It is worth considering...
- It might be worth considering...