

Health and exercise generalisations and recommendations

health vocabulary, useful language for reports, and hedging language

Use language like that on this and the next page below to explain people's attitudes to health, actions related to health, etc. The phrases are not in order, so be careful to choose the right language to reflect what you think, e.g. weak language if it is not common or if you are not sure. See if your partner agrees, discuss for longer if you like, then take turns doing the same with other topics/ vocabulary from below.

● 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	● (absolutely) all ● a considerable number of/ a substantial number of ● a small minority of ● a substantial minority of ● a tiny minority of ● almost all ● almost no ● many people/ a large number of ● 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	● 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	● almost ● always ● almost never ● always/ without fail ● hardly ever ● occasionally ● often/ frequently ● seldom/ rarely ● usually/ generally
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When your teacher stops you, share something that you agreed on and see what other groups think. Then ask about anything above you don't understand, working together to make suitable generalisations each time.

● 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)...	● (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)	● 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
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Health and fitness recommendations

Use language from below to give (strong or weak) advice on how people's health and fitness could be improved, by people and organisations like:

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

The language below is not in order, so be careful to use the right language below to match the level of strength of what you want to say.

● 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	● ... 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 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...	● 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
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When your teacher stops you, share one recommendation you agreed on and see what the class thinks. Then ask about anything above you aren't sure about, working together to make related recommendations each time.

Generalising and giving advice language presentation

First of all without any help, work together to write suitable language to fill the spaces below. Make sure that you rank the language correctly, with things with the same strength next to each other.

- (absolutely) all

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- almost never

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Look at the mixed answers below to help. Expressions on the same line below include the same words, but do not necessarily have the same meaning, so might need to go in different places above.

Look at the ones which are grouped together in the tables above to help more.

Check your answers as a class or with the suggested answers.

Mixed answers

- (absolutely) all
- ... 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...
- a considerable number of
- a fairly large number of
- a large number of people
- a small minority of
- a substantial + minority of/ number of people
- a tiny minority of
- almost + all/ always/ never/ no
- always
- By far the best option is...
- frequently
- generally
- hardly ever
- I would recommend...
- I would suggest...
- I'd advise...
- It is necessary to...
- It is worth considering...
- It is worth...
- It might be + a good idea to.../ useful to.../ worth considering...
- many people
- most people
- My (main) recommendation would be...
- My (main) suggestion would be...
- My advice would be to...
- not many/ few
- occasionally
- often
- practically + all/ no
- quite a lot of
- rarely
- seldom
- the vast majority of
- usually
- very + few/ nearly all
- virtually + all/ no
- without fail

Suggested answers

Other words and other rankings are possible, so please check if you wrote something different.

- (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/ It is worth considering...
 - ... could possibly/ It might be worth considering...