

## Health Collocations

### Exercise 1

Match the definitions (1-8) and with the correct 'health collocation' from the drop-down menus.

#### Example;

The services that look after people's health - **healthcare**

1. A building where people can go to see a doctor or nurse.
2. A nurse who goes to people's homes and gives them health advice.
3. Financial contributions that pays for your medical treatment when you are ill.
4. A place where members can go to do physical exercise.
5. A public facility which is responsible for providing medical care.
6. A government worker who visits restaurants and makes sure they are obeying laws about hygiene and food preparation.
7. A place where people can stay and do exercise, eat healthy food and have beauty treatments.
8. Something that could harm or damage your health.

## Exercise 2

Look at the health collocations 1-12 below and decide if they relate to being 'in good health' or being 'in poor health'.

to be in good health

to be in poor health

1. a heavy smoker
2. a balanced diet
3. binge drinking
4. a chesty cough
5. regular exercise
6. high blood pressure
7. low cholesterol
8. poor sanitation
9. regular check-ups
10. keeping fit
11. fatty foods
12. minimal stress

### Exercise 3

In Exercise 1 we looked at words that collocate with the noun 'health'. In this exercise we're going to look at words that collocate with the adjective 'healthy'.

Look at the lists of possible collocations (1-6) and choose the word that **doesn't** collocate in each one.

#### Example;

To \_\_\_\_\_ healthy.

To maintain healthy is the word that **doesn't** collocate here.

1. healthy \_\_\_\_\_

2. healthy \_\_\_\_\_

3. healthy \_\_\_\_\_

4. healthy \_\_\_\_\_

5. healthy \_\_\_\_\_

### Exercise 4

Now complete the following sentences using some of the collocations from Exercise 3.

1. The country still has a healthy \_\_\_\_\_ despite the global recession.
2. My son has a very healthy \_\_\_\_\_ towards his studies.
3. Since my boating accident I have a very healthy \_\_\_\_\_ for the sea.
4. I believe in the saying 'healthy body, healthy \_\_\_\_\_'.
5. Fortunately, our company made a healthy \_\_\_\_\_ last year.