

Health - La santé



1. At the doctor's - Chez le médecin

physician	médecin	injury	blessure
nurse	infirmier(-ère)	headache	mal de tête
health insurance	mutuelle de santé	blood pressure	tension artérielle
co-pay	partie des frais médicaux à la charge du patient	practice	cabinet
medication	médicaments	sibling	frère ou sœur
tablet	comprimé	sick leave	arrêt maladie
prescription	ordonnance	ward	salle, service (d'un hôpital)
outbreak	épidémie		
appointment	rendez-vous	consult (vb)	consulter
checkup	bilan de santé	relapse (vb / n)	rechuter / rechute
illness	maladie		

Exercice 1 Les mots à connaître : At the doctor's

► Corrigé p. 317

Complétez les phrases avec tous les mots de l'encadré en les conjuguant ou en les mettant au pluriel si nécessaire.

- In bigger, there are several doctors and sometimes even a who is there to weigh* you and take your before you see the doctor.
- Joe discovered a benign* health problem during a routine
- The wrote a for some new
- Is it necessary to a doctor for a simple
- What are the visiting hours* for the maternity
- Doctors will often ask if you have any or other family members with the same
- Unfortunately, the for this drug is almost \$100. Your will not cover all of the cost.
- There has been an of the flu* in our office.
- Do you prefer to take medication in syrup* or form?
- Due to an sustained while doing sport, our Human Resources manager is currently on
- Will you make an for Monday with my usual doctor?
- Malika seemed to be better, but then she and had to go to the doctor again.

*Mots & expressions	weigh : peser benign : bénin visiting hours : heures de visite flu : grippe syrup : sirop
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Exercice 2 Les familles de mots

► Corrigé p. 317

Complétez chaque phrase avec le mot qui convient.

- The doctor will call you through to the room when it is your turn.
 - (A) consult
 - (B) consulting
 - (C) consultant
 - (D) consultation
- You will need to consult a to get a prescription.
 - (A) physics
 - (B) physicist
 - (C) physical
 - (D) physician
- Dr. Stevenson recommended a good-quality shampoo.
 - (A) medical
 - (B) medicate
 - (C) medicated
 - (D) medication
- came naturally to Maurice, who had always loved to look after people.
 - (A) Nurse
 - (B) Nursery
 - (C) Nursing
 - (D) Nursed

- 5 Leah's a cold over the weekend.
 (A) develop
 (B) developed
 (C) developing
 (D) development
- 6 The doctor's practice is to deal with large numbers of patients at the same time.
 (A) ill
 (B) illness
 (C) ill-treated
 (D) ill-equipped
- 7 In order to be a doctor, you must have a valid license.
 (A) practice
 (B) practical
 (C) practiced
 (D) practicing
- 8 Maternity around the country are closing due to underfunding.
 (A) ward
 (B) wards
 (C) warden
 (D) award
- 9 Be careful you don't yourself on the broken glass.
 (A) injure
 (B) injury
 (C) injurious
 (D) injured
- 10 Ask your pharmacist for a refill of this
 (A) prescribe
 (B) prescriber
 (C) prescription
 (D) prescribing

Exercice 3 Les expressions courantes

► Corrigé p. 317

Reliez les mots des deux colonnes afin de reconstituer des expressions courantes, puis choisissez la bonne expression pour compléter chaque phrase.

- | | | |
|--------------|---|------------------|
| under | • | • a prescription |
| on | • | • injury |
| write | • | • an appointment |
| have | • | • medication |
| make | • | • a relapse |
| work-related | • | • a headache |
| have | • | • pressure |

- 1 Could you please turn down the radio, I
- 2 Our employees say they are a lot of at work at the moment.
- 3 This is a - it happened in the warehouse.
- 4 You should to see someone about your headaches.
- 5 Check carefully for interactions if you are already
- 6 Even though he returned to work last Friday, Stuart and needs another week off work.
- 7 The doctor didn't want to for such a minor problem.

Exercice 4 Les synonymes

► Corrigé p. 317

Remettez les lettres dans l'ordre pour trouver le synonyme.

- 1 sickness : **isslnel**
- 2 epidemic : **okbutera**
- 3 surgery : **perictac**
- 4 wound : **iyjurn**
- 5 treatment : **mencaidiot**
- 6 doctor : **pniciash**

2. Other health professionals
Les autres professionnels de la santé



optician	opticien	medical practitioner	praticien
eyesight	vue	physical therapy	kinésithérapie
eyestrain	fatigue visuelle	surgeon	chirurgien
frame	monture	operating theater	bloc opératoire
lenses	verres, lentilles	emergency services	services d'urgence
eyeglasses	lunettes	dietician	diététicien(ne)
dentist	dentiste	researcher	chercheur(-euse)
drill	fraise		
cavity	carie	advise (vb)	conseiller
tooth decay (indénombrable)	carie	refer to (vb)	envoyer vers un spécialiste
dental hygienist	assistant dentaire		

Exercice 5 Les mots à connaître : *Other health professionals*

► Corrigé p. 318

Complétez les phrases avec tous les mots de l'encadré en les conjuguant ou en les mettant au pluriel si nécessaire.

- have made an incredible discovery concerning caused by too much blue light emitted* by screens.
- Frank went to the to buy new spectacles*.
- After surgery, many patients can be helped by
- The arrived late because of peak-hour* traffic.
- If you can't find a that suits* the shape of your face, maybe you could try contact
- Ms. Moon was anxious about her upcoming* visit to the because she knew she had developed and she didn't like the sound* of the In the end, the was only very small and didn't hurt.
- often operate to background* music in the to help them focus.
- Indira saw a in order to learn to eat more healthily.
- The dentist Mr. Lewis a surgeon to take out his wisdom teeth*.
- I think I am going to need to change my My seems to be changing again.
- Before your teeth, the will first clean them thoroughly*.
- The term covers all sorts of doctors working in a hospital or a private practice.

*Mots & expressions	emitted : émis spectacles : lunettes peak-hour : heure de pointe suit : aller à upcoming : imminent sound : bruit background : de fond wisdom teeth : dents de sagesse thoroughly : minutieusement
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Exercice 6 Les familles de mots

► Corrigé p. 318

Complétez chaque phrase avec le mot qui convient.

- is currently the number one choice for medical students looking to specialize.
 - (A) Dentist
 - (B) Dental
 - (C) Dentistry
 - (D) Dentures
- I asked my family doctor for a to a good dietician.
 - (A) refer
 - (B) referred
 - (C) referral
 - (D) reference
- The dentist Mr. McIntosh to return in six months' time.
 - (A) advice
 - (B) advise
 - (C) advised
 - (D) advisor

- 4 It is to eat without washing your hands first.
- (A) hygiene
(B) hygienic
(C) unhygienic
(D) hygienist
- 5 Do you have any special requirements such as lactose- or gluten-free food?
- (A) diet
(B) dietary
(C) dietician
(D) dieting
- 6 According to the latest, dietary supplements could have some health benefits.
- (A) research
(B) researcher
(C) researches
(D) researching
- 7 A massage can aid in healing.
- (A) Therapy
(B) Therapist
(C) Therapeutic
(D) Therapeutics
- 8 Mr. Parsons had to have the piece of glass removed.
- (A) surgery
(B) surgeon
(C) surgical
(D) surgically
- 9 The job of a dental hygienist is not to fill a, but simply to clean the teeth.
- (A) cavity
(B) tooth decay
(C) holes
(D) rot
- 10 Those new eyeglass really suit you.
- (A) frame
(B) frames
(C) framing
(D) framework

Exercice 7 Le vocabulaire

► Corrigé p. 318

Choisissez la bonne proposition en gras pour compléter chaque phrase.

- The physical **therapist** / therapy I was told to do really helped.
- The dental **surgeon** / hygienist applied a tooth-whitening compound to my teeth.
- The **optician** / optometrist gave me a prescription to take to the **optician** / optometrist.
- The **searcher** / researcher was investigating a new therapy.
- The doctor gave him a **reference** / referral to the best surgeon in town.

Exercice 8 Les définitions

► Corrigé p. 318

Indiquez le mot de l'encadré *Other health professionals* qui correspond à chaque définition.

- A hole in a tooth AND an empty space in a solid object :
- A room for operating AND a place to see a play :
- A structure that surrounds a picture AND part of your eyeglasses :
- A piece of equipment to make a hole in a tooth AND a repetitive exercise :
- Something to place on your eye to help you see better AND a part of a camera :

3. At the pharmacy – À la pharmacie



drugstore	pharmacie	harmful	nuisible
over-the-counter (OTC)	en vente libre	potent	puissant
side effects	effets secondaires	convenient	pratique
leaflet	notice	swollen	enflé (du verbe <i>swell</i>)
dosage	posologie	closely	de près
shelf / shelves	étagère(s)		
interaction	interaction		
breakthrough	découverte capitale	fill a prescription (vb)	aller chercher, délivrer une ordonnance
empty stomach	le ventre vide	relieve (vb)	soulager
warning	avertissement	treat (vb)	soigner
treatment	traitement	apply (vb)	appliquer

Exercice 9 Les mots à connaître : At the pharmacy

► Corrigé p. 318

Complétez les phrases avec tous les mots de l'encadré en les conjuguant ou en les mettant au pluriel si nécessaire.

- Victoria went to her local* pharmacy to She was having some problems with her arm and the doctor prescribed a new to the pain*.
- She informed the pharmacist of all the drugs she was taking in order to avoid* Mixing different drugs could be
- She didn't have a prescription for it, but the pharmacist also sold her some heartburn* medication.
- When she read the, it gave the : take two tablets* in the morning on an
- There was also a to stop taking the medication if there were any serious
- Please read the leaflet before starting the treatment.
- Your ankle* is very ! Did you have an accident?
- The on the corner opposite the bank is very, as I work on the same street.
- Since the beginning of modern medicine, scientists have been waiting for a to help the common cold*.
- this cream to your elbow* three times daily. Wash your hands afterwards, as it is very
- You will find the toothpaste on the middle just behind you.

*Mots & expressions	local : de quartier pain : douleur avoid : éviter heartburn : brûlures d'estomac tablet : comprimé ankle : cheville common cold : rhume elbow : coude
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Exercice 10 Les familles de mots

► Corrigé p. 319

Complétez chaque phrase avec le mot qui convient.

- When my neighbor had that problem, he it with natural remedies.
 - treat
 - treatment
 - treated
 - treating
- The seems to be disappearing.
 - swell
 - swelled
 - swollen
 - swelling
- The correct will depend upon your weight.
 - dose
 - dosage
 - overdose
 - overdosed

- 4 The drugstore is located next door to the doctor's office.
 (A) convenient
 (B) convenience
 (C) conveniences
 (D) conveniently
- 5 It's very difficult to get effective for a cold.
 (A) relief
 (B) relieve
 (C) relieved
 (D) whiteness
- 6 A single should clear up the problem.
 (A) apply
 (B) applied
 (C) applicant
 (D) application
- 7 Leonard discovered he had been taking a placebo.
 (A) harm
 (B) harmed
 (C) harmful
 (D) harmless
- 8 Do not take this treatment on an empty
 (A) wallet
 (B) drugstore
 (C) stomach
 (D) leaflet
- 9 It is necessary to pay attention to what you eat.
 (A) close
 (B) closed
 (C) closet
 (D) closely
- 10 The pharmacist will a valid prescription.
 (A) fill
 (B) fill in
 (C) fill up
 (D) fill out

Exercice 11 Les prépositions

► Corrigé p. 319

Complétez les phrases avec les prépositions suivantes.

between – on – to – in – of – on

- It is quite possible to overdose vitamin C.
- There has been a major breakthrough the treatment of obesity.
- Do not apply the gel broken skin.
- It's not a good idea to go running an empty stomach.
- This massage should relieve you joint pain.
- Be vigilant about interactions prescription and OTC drugs.

Exercice 12 Les synonymes

► Corrigé p. 319

Identifiez l'intrus dans chaque liste.

- dangerous / detrimental / harmful / harmless
- complete / empty / full / whole
- awkward / convenient / handy / practical
- ineffective / mild / potent / weak
- cause / cure / heal / treat

4. Healthy living – Le bien-être

stamina	endurance	occupational health doctor	médecin du travail
well-being	bien-être	counseling	psychothérapie
daily (adj)	quotidien	resilient	résistant, résilient
ramp	rampe	-impaired	dégradé, mal-(entendant/voyant)
accommodations	aménagements, adaptations	healthful	sain (bon pour la santé)
junk food	malbouffe	healthy	en bonne santé, bon pour la santé
balanced diet	alimentation équilibrée	nutritious	nutritif
team sport	sport d'équipe	ergonomic	ergonomique
special diet	régime spécifique	keep fit (vb)	garder la forme
absenteeism	absentéisme		
health hazard	risque pour la santé		

Exercice 13 Les mots à connaître : Healthy living

► Corrigé p. 319

Complétez les phrases avec tous les mots de l'encadré en les conjuguant ou en les mettant au pluriel si nécessaire.

- When the bank employees witnessed* a robbery*, the suggested they all undergo*
- The company provided incentives for their staff to get fit and through a friendly competition.
- Special office chairs contribute to an employee's
- The store had a installed for wheelchair* users.
- When employees have special needs, they are entitled to* special in the workplace.
- A is one that includes all the food groups. On the other hand, is neither nor
- Flying can often be a challenge for people who require a
- Employees who make an effort to have more and are often more mentally In other words, they cope* better when things go wrong.
- Legally, accommodations must be made for a hearing-..... staff member.
- Our statistics show that when employee health improves overall, tends to decrease.
- The management views smoking in the workplace as a

*Mots & expressions	witness : être le témoin de robbery : cambriolage undergo : subir wheelchair : fauteuil roulant entitled to : qui a droit à cope : s'en sortir
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Exercice 14 Les familles de mots

► Corrigé p. 319

Complétez chaque phrase avec le mot qui convient.

- The trainer praised Sophia's stamina and
 (A) resist
 (B) resilient
 (C) resilience
 (D) resiliently
- Experts recommend at least thirty minutes of physical activity
 (A) day
 (B) day by day
 (C) daily
 (D) daytime
- The referee has decided to the goal, despite the protestations.
 (A) allows
 (B) disallow
 (C) disallows
 (D) allowed
- Bill wants to live a less lifestyle by eating better food and being more active.
 (A) health
 (B) healthy
 (C) healthful
 (D) unhealthy

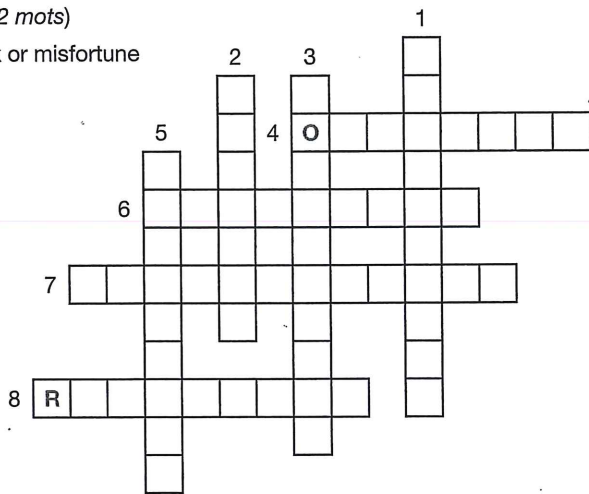
- 5 Blocking the door with a piece of furniture is a fire
- (A) hazard
 - (B) hazardous
 - (C) hazarded
 - (D) hazarding
- 6 Last week we had only one, which is a new record.
- (A) absent
 - (B) absented
 - (C) absentee
 - (D) absenteeism
- 7 The dietician will concentrate on how patients can improve their
- (A) nutriment
 - (B) nutrition
 - (C) nutritious
 - (D) nutritionist
- 8 The new health insurance covers up to a total of 100 hours of
- (A) counsel
 - (B) counselor
 - (C) counseling
 - (D) counseled
- 9 An employee's well-being is often related to their
- (A) occupy
 - (B) occupation
 - (C) occupational
 - (D) occupant
- 10 We really suffered from the of Jenny as captain of our sports team when she moved to a new department.
- (A) lose
 - (B) loss
 - (C) loose
 - (D) lost

Exercice 15 Les synonymes

► Corrigé p. 320

Complétez la grille de mots croisés par un mot qui correspond à chaque définition.

- 1 healthful (food, meal)
- 2 running at a slow pace to keep fit
- 3 giving advice
- 4 a medicated cream
- 5 the state of being happy, healthy or prosperous (*nom composé*)
- 6 well designed for good posture and easy use
- 7 a choice of food which is healthy (2 mots)
- 8 able to recover quickly from shock or misfortune



PART 6 – VOCABULAIRE

Exercice 1 Les mots à connaître : *At the doctor's*

► Énoncé p. 166

- In bigger practices, there are several doctors and sometimes even a nurse who is there to weigh you and take your blood pressure before you see the doctor.
- Joe discovered a benign health problem during a routine **checkup**.
- The **physician** wrote a **prescription** for some new **medication**.
- Is it necessary to **consult** a doctor for a simple **headache**?
- What are the visiting hours for the maternity **ward**?
- Doctors will often ask if you have any **siblings** or other family members with the same **illness**.
- Unfortunately, the **co-pay** for this drug is almost \$100. Your **health insurance** will not cover all of the cost.
- There has been an **outbreak** of the flu in our office.
- Do you prefer to take medication in syrup or **tablet** form?
- Due to an **injury** sustained while doing sport, our Human Resources manager is currently on **sick leave**.
- Will you make an **appointment** for Monday with my usual doctor?
- Malika seemed to be better, but then she **relapsed** and had to go to the doctor again.

Exercice 2 Les familles de mots

► Énoncé p. 166

- The doctor will call you through to the **(B)** consulting room when it is your turn.
Le médecin vous fera entrer dans la salle de consultation quand ce sera à vous.
- You will need to consult a **(D)** physician to get a prescription.
Vous allez devoir consulter un médecin pour obtenir une ordonnance.
- Dr. Stevenson recommended a good-quality **(C)** medicated shampoo.
Le Dr Stevenson a conseillé un shampoing médicinal de bonne qualité.
- (C)** Nursing came naturally to Maurice, who had always loved to look after people.
La profession d'infirmier était une seconde nature chez Maurice, qui avait toujours aimé s'occuper des gens.
- Leah **(B)** developed a cold over the weekend.
Leah a pris froid ce week-end.
- The doctor's practice is **(D)** ill-equipped to deal with large numbers of patients at the same time.
Le cabinet du médecin n'est pas équipé pour gérer un grand nombre de patients à la fois.
- In order to be a **(D)** practicing doctor, you must have a valid license.
Afin de pouvoir exercer la profession de médecin, vous devez avoir une licence en cours de validité.
- Maternity **(B)** wards around the country are closing due to underfunding.
Dans tout le pays, les services de maternité ferment en raison de moyens insuffisants.
- Be careful you don't **(A)** injure yourself on the broken glass.
Faites attention de ne pas vous blesser sur le verre brisé.
- Ask your pharmacist for a refill of this **(C)** prescription.
Demandez le renouvellement de cette ordonnance à votre pharmacien.

Exercice 3 Les expressions courantes

► Énoncé p. 167

under pressure	<i>sous pression</i>
on medication	<i>sous traitement</i>
write a prescription	<i>écrire une ordonnance</i>
have a relapse	<i>faire une rechute</i>
make an appointment	<i>prendre rendez-vous</i>
work-related injury	<i>accident du travail</i>
have a headache	<i>avoir mal à la tête</i>

- Could you please turn down the radio, I **have a headache**.
- Our employees say they are **under a lot of pressure** at work at the moment.
- This is a **work-related injury** – it happened in the warehouse.
- You should **make an appointment** to see someone about your headaches.
- Check carefully for interactions if you are already **on medication**.
- Even though he returned to work last Friday, Stuart **had a relapse** and needs another week off work.
- The doctor didn't want to **write a prescription** for such a minor problem.

Exercice 4 Les synonymes

► Énoncé p. 167

- | | |
|-----------------------|--------------------------|
| 1 sickness – illness | 4 wound – injury |
| 2 epidemic – outbreak | 5 treatment – medication |
| 3 surgery – practice | 6 doctor – physician |

Exercice 5 Les mots à connaître : *Other health professionals*

► Énoncé p. 168

- 1 Researchers have made an incredible discovery concerning **eyestrain** caused by too much blue light emitted by screens.
- 2 Frank went to the **optician** to buy new spectacles.
- 3 After surgery, many patients can be helped by **physical therapy**.
- 4 The **emergency services** arrived late because of peak-hour traffic.
- 5 If you can't find a **frame** that suits the shape of your face, maybe you could try **contact lenses**.
- 6 Ms. Moon was anxious about her upcoming visit to the **dentist** because she knew she had developed **tooth decay** and she didn't like the sound of the **drill**. In the end, the **cavity** was only very small and didn't hurt.
- 7 **Surgeons** often operate to background music in the **operating theater** to help them focus.
- 8 Indira saw a **dietician** in order to learn to eat more healthily.
- 9 The dentist **referred** Mr. Lewis to a surgeon to take out his wisdom teeth.
- 10 I think I am going to need to change my **eyeglasses**. My **eyesight** seems to be changing again.
- 11 Before **whitening** your teeth, the **dental hygienist** will first clean them thoroughly.
- 12 The term **medical practitioner** covers all sorts of doctors working in a hospital or a private practice.

Exercice 6 Les familles de mots

► Énoncé p. 168

- 1 (C) **Dentistry** is currently the number one choice for medical students looking to specialize.
La dentisterie est actuellement le premier choix des étudiants en médecine qui veulent se spécialiser.
- 2 I asked my family doctor for a (C) **referral** to a good dietitian.
J'ai demandé à mon généraliste de m'envoyer vers un bon diététicien.
- 3 The dentist (C) **advised** Mr. McIntosh to return in six months' time.
Le dentiste a conseillé à M. McIntosh de revenir dans six mois.
- 4 It is (C) **unhygienic** to eat without washing your hands first.
Il n'est pas hygiénique de manger sans se laver les mains d'abord.
- 5 Do you have any special (B) **dietary** requirements such as lactose- or gluten-free food?
Avez-vous des besoins alimentaires spécifiques tels que des aliments sans lactose ou sans gluten ?
- 6 According to the latest (A) **research**, dietary supplements could have some health benefits.
Selon de récentes recherches, les compléments alimentaires pourraient avoir des effets bénéfiques sur la santé. **Tip!** *Research* est indénombrable.
- 7 A (C) **therapeutic** massage can aid in healing.
Un massage thérapeutique peut accélérer la guérison.
- 8 Mr. Parsons had to have the piece of glass (D) **surgically** removed.
M. Parsons a dû subir une opération pour se faire enlever le morceau de verre.
- 9 The job of a dental hygienist is not to fill a (A) **cavity**, but simply to clean the teeth.
Le rôle de l'assistant dentaire n'est pas de plomber une carie, mais simplement de nettoyer les dents.
- 10 Those new eyeglass (B) **frames** really suit you.
Cette nouvelle monture de lunettes te va vraiment bien.

Exercice 7 Le vocabulaire

► Énoncé p. 169

- 1 The **physical therapy** I was told to do really helped.
- 2 The **dental hygienist** applied a tooth-whitening compound to my teeth.
- 3 The **optometrist** gave me a prescription to take to the **optician**.
- 4 The **researcher** was investigating a new therapy.
- 5 The doctor gave him a **referral** to the best surgeon in town.

Exercice 8 Les définitions

► Énoncé p. 169

- 1 cavity; 2 theater; 3 frame; 4 drill; 5 lens

Exercice 9 Les mots à connaître : *At the pharmacy*

► Énoncé p. 170

- 1 Victoria went to her local pharmacy to **fill a prescription**. She was having some problems with her arm and the doctor prescribed a new **treatment** to **relieve** the pain.
- 2 She informed the pharmacist of all the drugs she was taking in order to avoid **interactions**. Mixing different drugs could be harmful.
- 3 She didn't have a prescription for it, but the pharmacist also sold her some **over-the-counter** heartburn medication.
- 4 When she read the **leaflet**, it gave the **dosage**: take two tablets in the morning on an **empty stomach**.
- 5 There was also a **warning** to stop taking the medication if there were any serious **side effects**.
- 6 Please read the leaflet **closely** before starting the treatment.
- 7 Your ankle is very **swollen**! Did you have an accident?
- 8 The **drugstore** on the corner opposite the bank is very **convenient**, as I work on the same street.
- 9 Since the beginning of modern medicine, scientists have been waiting for a **breakthrough** to help **treat** the common cold.
- 10 **Apply** this cream to your elbow three times daily. Wash your hands afterwards, as it is very **potent**.
- 11 You will find the toothpaste on the middle **shelf** just behind you.

Exercice 10 Les familles de mots

- 1 When my neighbor had that problem, he (C) treated it with natural remedies.
Quand mon voisin a eu ce problème, il l'a guéri avec des remèdes naturels.
- 2 The (D) swelling seems to be disappearing.
L'enflure semble disparaître.
- 3 The correct (B) dosage will depend upon your weight.
Le bon dosage dépendra de votre poids.
- 4 The drugstore is (D) conveniently located next door to the doctor's office.
La pharmacie se trouve à côté du cabinet du médecin, ce qui est bien pratique.
- 5 It's very difficult to get effective (A) relief for a cold.
Il est très difficile d'être efficacement soulagé d'un rhume.
- 6 A single (D) application should clear up the problem.
Une seule application devrait faire disparaître le problème.
- 7 Leonard discovered he had been taking a (D) harmless placebo.
Léonard a découvert qu'il prenait un placebo inoffensif.
- 8 Do not take this treatment on an empty (C) stomach.
Ne prenez pas ce médicament le ventre vide.
- 9 It is necessary to pay (A) close attention to what you eat.
Il faut être très attentif à ce que vous mangez.
- 10 The pharmacist will (A) fill a valid prescription.
Le pharmacien délivrera une ordonnance valide.

Exercice 11 Les prépositions

► Énoncé p. 171

- 1 It is quite possible to overdose on vitamin C.
- 2 There has been a major breakthrough in the treatment of obesity.
- 3 Do not apply the gel to broken skin.
- 4 It's not a good idea to go running on an empty stomach.
- 5 This massage should relieve you of joint pain.
- 6 Be vigilant about interactions between prescription and OTC drugs.

Exercice 12 Les synonymes

► Énoncé p. 171

- | | |
|--|--|
| 1 dangerous / detrimental / harmful / harmless | (dangereux / néfaste / nuisible / inoffensif) |
| 2 complete / empty / full / whole | (complet / vide / plein / entier) |
| 3 awkward / convenient / handy / practical | (peu commode / pratique / pratique / pratique) |
| 4 ineffective / mild / potent / weak | (inefficace / doux / puissant / faible) |
| 5 cause / cure / heal / treat | (provoquer / guérir / guérir / soigner) |

Exercice 13 Les mots à connaître : Healthy living

► Énoncé p. 172

- 1 When the bank employees witnessed a robbery, the occupational health doctor suggested they all undergo counseling.
- 2 The company provided incentives for their staff to get fit and healthy through a friendly team sport competition.
- 3 Special ergonomic office chairs contribute to an employee's well-being.
- 4 The store had a ramp installed for wheelchair users.
- 5 When employees have special needs, they are entitled to special accommodations in the workplace.
- 6 A balanced diet is one that includes all the food groups. On the other hand, junk food is neither healthful nor nutritious.
- 7 Flying can often be a challenge for people who require a special diet.
- 8 Employees who make an effort to keep fit have more stamina and are often more mentally resilient. (...)
- 9 Legally, accommodations must be made for a hearing-impaired staff member.
- 10 Our daily statistics show that when employee health improves overall, absenteeism tends to decrease.
- 11 The management views smoking in the workplace as a health hazard.

Exercice 14 Les familles de mots

► Énoncé p. 172

- 1 The trainer praised Sophia's stamina and (C) resilience.
L'entraîneur a fait les éloges de l'endurance et de la résistance de Sophia.
- 2 Experts recommend at least thirty minutes of physical activity (C) daily.
Les experts conseillent de pratiquer une activité physique au moins trente minutes par jour.
- 3 The referee has decided to (B) disallow the goal, despite the protestations.
L'arbitre a décidé de ne pas accorder le but, malgré les protestations.
- 4 Bill wants to live a less (D) unhealthy lifestyle by eating better food and being more active.
Bill veut vivre une vie plus saine en ayant une meilleure alimentation et en étant plus actif.
- 5 Blocking the door with a piece of furniture is a fire (A) hazard.
L'obstruction de la porte avec un meuble constitue un risque d'incendie.

- 6 Last week we had only one **(C)** absentee, which is a new record.
La semaine dernière, il n'y a eu qu'un seul absent, ce qui est un nouveau record.
- 7 The dietician will concentrate on how patients can improve their **(B)** nutrition.
Le diététicien se concentrera sur l'amélioration de la nutrition des patients.
- 8 The new health insurance covers up to a total of 100 hours of **(C)** counseling.
La nouvelle mutuelle rembourse jusqu'à 100 heures de psychothérapie.
- 9 An employee's well-being is often related to their **(B)** occupation.
Le bien-être d'un employé est souvent lié à son métier.
- 10 We really suffered from the **(B)** loss of Jenny as captain of our sports team when she moved to a new department.
Nous avons beaucoup souffert de la perte de Jenny comme capitaine de notre équipe quand elle a changé de service.

Exercice 15 Les synonymes

► Énoncé p. 173

- | | | | |
|---|--|---|--|
| 1 | healthful – nutritious | 5 | the state of being happy, healthy or prosperous – well-being |
| 2 | running at a slow pace to keep fit – jogging | 6 | well designed for good posture and easy use – ergonomic |
| 3 | giving advice – counseling | 7 | a choice of food which is healthy – balanced diet |
| 4 | a medicated cream – ointment | 8 | able to recover quickly from shock or misfortune – resilient |

