

# Health Problems

## Vocabulary Table

Symptoms	Problem	Common Cause
1. Can't sleep	Insomnia	Stress, anxiety, not getting enough sleep
2. A bloated, painful stomach	Indigestion	Eating too much or too quickly
3. Headache, fever, aching muscles	Flu	A virus
4. High temperature, nausea, dizziness	Heat stroke	Spending too much time in the sun
5. A painful muscle contraction	Cramp	Doing too much exercise
6. Difficulty breathing, wheezing	Asthma	Stress, anxiety, an allergy to dust or animals
7. Can't stop yawning	Overtired	Not getting enough sleep
8. Runny nose, sore eyes, sneezing	Hay fever	An allergy to pollen
9. Spots and red lumps on the face and neck	Acne	Bacteria under the skin

### Part A: Fill in the Blanks

Complete the sentences below using the health problems from the box.

### Word Bank:

Insomnia Indigestion Flu Heat stroke Cramp  
Asthma Overtired Hay fever Acne

1. I couldn't sleep at all last night; I think I'm suffering from \_\_\_\_\_.
2. Eating too quickly always gives me \_\_\_\_\_.
3. She stayed outside in the sun for too long and now has \_\_\_\_\_.
4. My muscles hurt after exercise because of a \_\_\_\_\_ in my leg.
5. I've been sneezing all day because my \_\_\_\_\_ is acting up during pollen season.
6. He's been coughing and wheezing lately; it could be \_\_\_\_\_.
7. After staying up late for three nights, she feels completely \_\_\_\_\_.
8. He has a runny nose, a fever, and aching muscles; it's probably \_\_\_\_\_.
9. Hormonal changes during puberty can often cause \_\_\_\_\_.

## Part B: Sentence Writing

Write a sentence using the correct vocabulary word to describe each situation.

1. Your friend has difficulty breathing and feels wheezy. What is the problem?

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2. You stayed up all night preparing for exams and feel tired during class.

What is the problem?

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3. Someone complains about a painful, bloated stomach after eating. What is the problem?

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## Part C: Identify the Cause

Match each health problem with its common cause.

Health Problem	Common Cause
___ 1. Insomnia	a) Spending too much time in the sun
___ 2. Indigestion	b) Stress or anxiety
___ 3. Flu	c) Eating too much or too quickly
___ 4. Heat stroke	d) A virus
___ 5. Cramp	e) Doing too much exercise
___ 6. Asthma	f) An allergy to dust or animals
___ 7. Overtired	g) Not getting enough sleep
___ 8. Hay fever	h) An allergy to pollen
___ 9. Acne	i) Bacteria under the skin